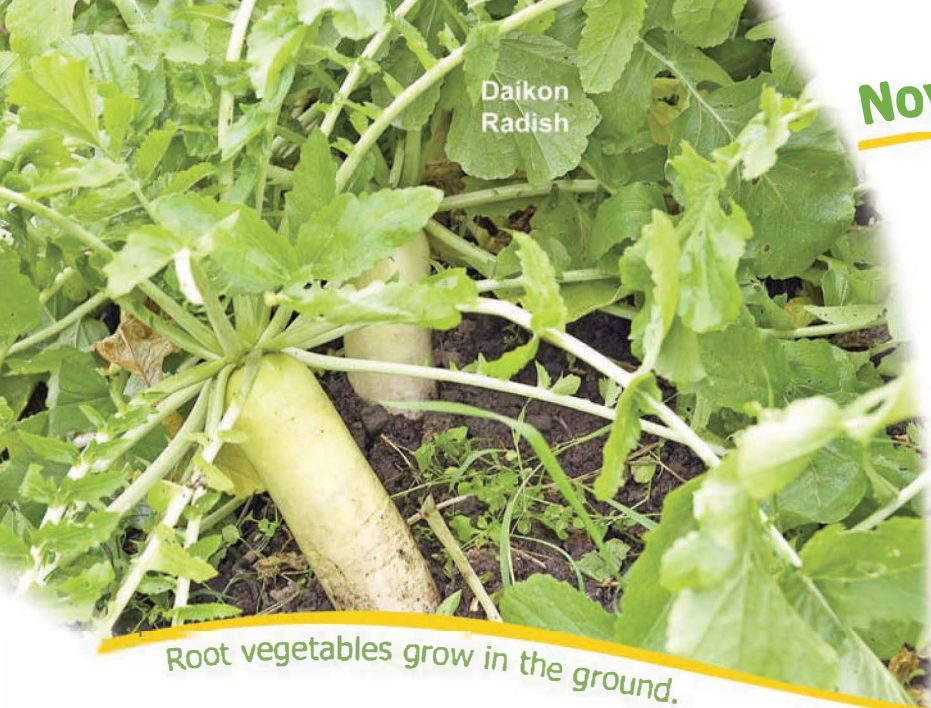


November ■ Root Vegetables



Root vegetables grow in the ground.

Nutrition Facts

Serving Size: 1/2 cup raw daikon radish (30g)
 Calories 6 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0
Cholesterol 0g	0%
Sodium 7mg	0%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 0%
Vitamin C 12%	Iron 0%

Source: www.nal.usda.gov/fnic/foodcomp/search/
 NDB No. 11430

- A ½ cup of sliced daikon radish is a good source of vitamin C.
- Root vegetables include: potatoes, beets, carrots, jicama, radishes, sweet potatoes, ginger, garlic, and onions.
- Root vegetables are the roots of plants that are eaten as vegetables. They anchor the plant, absorb water and nutrients, and store energy.
- American colonists relied heavily on root vegetables because they could be stored for months in the harsh New England winters.
- California leads the nation in production of daikon radishes.
- Watch this video and learn about root vegetables! <http://bit.ly/1MkDnPr>



Activity

- In the video, the chef talks about cooking with different types of vegetables, including carrots. Do you cook? Have you cooked with carrots and other root vegetables? Think of a meal that you make with root vegetables, or think of a meal you would like to make with root vegetables. If you want to, research a recipe that uses root vegetables. Write the recipe below or use a separate piece of paper if needed.

Dig Into Roots

<https://goo.gl/KnMbk9>



What Am I?

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat-free. Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy. Draw a line from the clue to the correct fruit or vegetable.

Before I became a box of raisins,
I was a bunch of...

Grapes



I'm usually red. Although I am classified as
a vegetable, I am really a fruit. I have lots of
vitamin C and lycopene.

Carrot



When I'm fully grown, I can have a big
head. I'm a leafy vegetable and can be
green or purple.

Kiwi



I look like a fuzzy, little ball.
Eat my green fruit insides with
a spoon. I have lots of vitamin C and
potassium.

Cabbage



I'm crunchy with lots of vitamin C and fiber.
Some think I look like a little green tree.

Tomato



I'm a vegetable that is good for your
eyesight. I grow under the ground. Usually
I'm orange, but I can be purple too!

Broccoli

