I pledge allegiance to my health, to not compare myself to anyone else. With fruits and vegetables I’ll fill my tray and get nice and sweaty every day. I have only this body and this one heart so today’s the day I’m going to start eating less chips and less sugary drinks and before I eat I’m going to think!
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 https://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.

See the Dig Into Roots recipe in Tasting Trios.
Eat Fruits and Vegetables Every Day!

Why do we need fruits and vegetables? Fruits and vegetables contain important vitamins and minerals that your body needs to help you grow and stay healthy. Four important vitamins and minerals are listed on the Nutrition Facts label. They are vitamin A, vitamin C, calcium, and iron. Look in the Glossary of Nutrients on the next page to see why it is important to include foods that contain these nutrients every day.

■ Fill in the blanks using the nutrient definitions in the Glossary of Nutrients on the next page.

1. Calcium helps build strong _______________ and healthy _______________.

2. Iron helps red blood cells carry _______________ to all the parts of the body.

3. Vitamin A helps your body maintain healthy _______________ and _______________.

4. Vitamin C helps the body _______________ cuts and wounds and maintain healthy _______________.

Rl.2.3, L.2.4; Health Ed Standard: Nutrition and Physical Activity; Essential Concept 1.1N
Glossary of Nutrients

**Calcium**  This mineral helps build strong bones and healthy teeth.

**Carbohydrate**  Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**Fat**  Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

**Fiber**  Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**Iron**  This mineral helps red blood cells carry oxygen to all the parts of your body.

**Magnesium**  This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

**Phytochemicals**  Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**Potassium**  This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

**Protein**  Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**Riboflavin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

**Thiamin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

**Vitamin A**  This vitamin helps your body maintain healthy eyes and skin.

**Vitamin C**  This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**Vitamin E**  This vitamin helps maintain healthy cells throughout your body.

**Vitamin K**  This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

**Water**  Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

**Zinc**  This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Source: CDPH-Nutrition Education and Obesity Prevention Branch and kidshealth.org