

Health In Progress

Lesson 12

Vegetables



QUESTION 12:

Good reasons to eat vegetables include:

- a. Vegetables are a good source of vitamins.
- b. Vegetables fill you up but are not too high in calories (unless cooked with large amounts of added fat or sweetener).
- c. Vegetables provide fiber
- d. All of the above.

ANSWER: d. All of the above

1. Children should eat at 2 - 2.5 cups of vegetables a day, according to www.MyPyramid.gov.

2. Why is it important to eat vegetables?

- a. Vegetables are a good source of vitamins.
- b. Vegetables are a good source of minerals.
- c. Vegetables are low in calories but fill you up.
- d. Vegetables are high in fiber.

Eating vegetables may also help prevent diseases, including -- stroke and heart disease, type 2 diabetes, cancer, kidney stones, high blood pressure, constipation and some birth defects.

3. Vegetables are organized into 5 subgroups, based on their nutrient content.

(Macaroni & cheese, although it is often served as a side dish choice, is NOT a vegetable!)

Dark green vegetables	Orange vegetables	Dry beans and peas	Starchy vegetables	Other vegetables	
bok choy broccoli collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach turnip greens watercress	acorn squash butternut squash carrots hubbard squash pumpkin Sweet potatoes	black beans black-eyed peas garbanzo beans (chickpeas) kidney beans lentils lima beans navy beans pinto beans soy beans split peas tofu <i>(made from soybeans)</i> white beans	corn green peas lima beans (green) potatoes	artichokes asparagus bean sprouts beets Brussels sprouts cabbage cauliflower celery cucumbers eggplant green beans green or red peppers	iceberg <i>(head)</i> lettuce mushrooms okra onions parsnips tomatoes tomato juice vegetable juice turnips wax beans zucchini