

Nutrition Education

Discussion for your garden activity.

- * What food groups are included in the recipe? Milk + Milk Products (yogurt); Vegetables (tomato, cucumber, and onion); and Meat, Beans + Nuts (sunflower seeds).
- * What food groups are not included? Fruits; and Grains, Breads + Cereals.
- * Are tomatoes a fruit or a vegetable? Even though botanically they are a fruit, tomatoes are classified in the Vegetables group because they are most often eaten with, and prepared like, other vegetables. This is consistent with USDA's food grouping system.
- * What are the main nutrients of each food group? Milk + Milk Products (calcium); Vegetables (vitamin A); Fruits (vitamin C); Grains, Breads + Cereals (vitamin B); and Meat, Beans + Nuts (protein).
- * What are two steps we can take to keep our bodies healthy? Choose healthy foods (foods from the food groups) and physical activity/exercise.
- * How many minutes of exercise do kids need every day? 60 minutes.
- * What do we call foods that don't fit into a food group? "extras."
- * Why are some foods "extras"? They are high in solid fats, added sugar or salt and low in nutrients.
- * What food group does water belong to? While it is important to drink water each day in response to thirst and for hydration, water does not belong to any food group, nor is it an "extra."
- * Can you tell me where a food from each food group comes from? Milk (cow), Carrot (grows underground), Apple (grows on a tree), Bread (wheat is ground into flour), Egg (chicken).