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!

Name
Introduction

*Harvest of the Month* is a program that your class will take part in this year. Through participation in this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they cost less and are fresh.

You may have seen a food picture called MyPlate. MyPlate is a reminder for people to make healthier food choices. A healthy meal starts with more fruits and vegetables and smaller sizes of protein like meat and grains like rice. Think about how you can change what is on your plate to make it healthier.

---

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What’s on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Make half your plate fruits and vegetables.
Make at least half your grains whole.
Switch to non-fat or low-fat (1%) milk.
Vary your protein food choices.

ChooseMyPlate.gov
Foods Found in MyPlate

- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Black beans
- Black-eyed peas
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery

- Collard greens
- Corn
- Cucumbers
- Dark green leafy lettuce
- Eggplant
- Garbanzo beans
- Green beans
- Green peas
- Kale
- Kidney beans
- Lentils

- Lettuce
- Lima beans
- Mushrooms
- Mustard greens
- Okra
- Onions
- Pinto beans
- Potatoes
- Pumpkin
- Soybeans
- Spinach
- Split peas
- Squash
- Sweet potatoes
- Tomatoes
- Turnip greens
- Vegetable juice
- Zucchini

*beans and peas can also go in the protein group
**these vegetables are the fruit part of the plant because they contain the seeds of the plant

American cheese
Cheddar cheese
Cottage cheese
Mozzarella cheese
Non-fat or low-fat milk
Non-fat or low-fat yogurt
Parmesan cheese
Swiss cheese

- Noodles
- Oatmeal
- Pita bread
- Popcorn
- Pretzels
- Ready to eat breakfast cereal
- Spaghetti
- White rice
- Whole grain barley
- Whole grain cornmeal

- Almonds
- Beans and peas
- (see vegetables)
- Beef
- Cashews
- Chicken
- Eggs
- Fish
- Ham
- Lamb
- Peanut butter
- Peanuts
- Pecans
- Pistachios
- Pork
- Sesame seeds
- Sunflower seeds
- Tempeh
- Tofu
- Turkey
- Veggie burger
- Walnuts

- Whole rye
- Whole wheat bread
- Whole wheat cereal
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat tortillas
- Wild rice
The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 1½ cups of vegetables and 1-1½ cups of fruit every day.*

½ cup of fruit

1 cup of raw leafy greens

1 cup of fruit

¼ cup of dried fruit

½ cup of vegetables

½ cup of vegetables

½ cup of vegetables

½ cup of vegetables

*Source: MyPlate
<table>
<thead>
<tr>
<th>Fruit or Vegetable</th>
<th>I like it</th>
<th>I am not sure if I like it</th>
<th>I did not like it</th>
<th>I will try this again</th>
<th>Why it is good for me...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Root Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salad Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Citrus Fruits</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Stone Fruits</td>
<td></td>
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</tr>
</tbody>
</table>
A ½ cup of sweet green peppers is an excellent source of vitamin C.

By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.

Peppers are grouped into two categories: hot (chili) and sweet peppers.

Hot peppers can be picked at any stage, but are hottest when fully ripe.

When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.


**Activity**

Research what a greenhouse is and how it is useful for growing fruits and vegetables. Use the space below to write down key information.

Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Be sure to include information like ideal temperature, amount of sunlight, and amount of water.

**Pea Dippin’ Good**

[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the Foods Found in MyPlate on page 3 to help you. For more activities, games, and videos visit: ChooseMyPlate.gov/kids

ChooseMyPlate.gov

A ½ cup of red or green grapes is a good source of vitamin K.
Grapes are actually berries and they are made up of about 80% water.
On average, there are over 100 grapes in a bunch.
Grapevines need to grow two years before the first grapes are ready to harvest.
Concord grapes are one of the only three fruits native to North America.

Watch this video and learn about a grape farmer! [http://bit.ly/1CyP1kb](http://bit.ly/1CyP1kb)

**Activity**
In the video, the farmer talks about why the Central Valley is one of the best places to grow grapes. Explain what weather conditions are needed to successfully grow grapes.

---

**Quick and Creamy Grape Shake**
Read It Before You Eat It

You know how books have a table of contents that explains what’s inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what’s inside the food you’re eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

Scavenger Hunt!

Think about a food you would like to analyze. Find three different types of this food and collect the Nutrition Facts labels. You can collect these in different ways like bring the labels in from home, or visit a website and print them out. This can be done as a class, in a group, or individually. Transfer the information to the blank food labels below. Using evidence from your reading and the video, decide which is the best choice for you and explain why you chose that food. Orally present your choice to the class or your group.


Macaroni and Cheese

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size: 1 cup (229g)</th>
<th>Servings Per Container: 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories: 250</td>
<td>Calories from Fat: 110</td>
</tr>
<tr>
<td></td>
<td>% Daily Value</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>2%</td>
</tr>
</tbody>
</table>

Vitamin A: 4% | Vitamin C: 2% | Calcium: 20% | Iron: 4%


Grapes

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size: 1 cup (229g)</th>
<th>Servings Per Container: 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories: 85</td>
<td>Calories from Fat: 5</td>
</tr>
<tr>
<td></td>
<td>% Daily Value</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 2g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 10mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 240mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
<td>0%</td>
</tr>
</tbody>
</table>

Vitamin A: 8% | Vitamin C: 6% | Calcium: 2% | Iron: 1%
November Root Vegetables

Root vegetables grow in the ground.

- 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.


**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.

---

[Daikon Radish]

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size: 1/2 cup raw daikon radish (30g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>6</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0g</td>
</tr>
<tr>
<td>Sodium</td>
<td>7mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
<th>Vitamin A</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source: <a href="http://www.nal.usda.gov">www.nal.usda.gov</a></td>
<td>Calcium</td>
<td>0%</td>
</tr>
<tr>
<td>Source: <a href="http://www.nal.usda.gov">www.nal.usda.gov</a></td>
<td>Iron</td>
<td>0%</td>
</tr>
</tbody>
</table>

---

[Carrots, Radish, Turnip]
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…

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

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

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

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

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!
■ A ½ cup of sliced apples is a source of fiber.

■ Apple trees grow in the temperate regions of the world. Apple trees are best adapted to places where the average winter temperature is near freezing for at least two months, though many varieties can withstand winter temperatures as low as -40°F.

■ California apples are harvested throughout the year and many varieties are available year-round. Examples of California apple varieties are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathan, and Pink Lady.


Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: ½ cup apples, sliced (55g)</th>
<th>Calories 28</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 1mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 8g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Sugars 6g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 1%</td>
<td>Calcium 0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 4%</td>
<td>Iron 0%</td>
<td></td>
</tr>
</tbody>
</table>


Activity

■ Using the information you learned from the video, write a story or use a graphic organizer to describe the apple’s journey from farm to store. Be sure to include how the apple grows, is harvested, and travels to the store. Use a separate piece of paper.
Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students’ ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.

As a class, visit vimeo.com/album/1637740. This is a link to a list of over 50 JAMmin’ Minute videos. JAMmin’ Minute is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write when you will take three brain breaks, using hours and minutes, and include the video number.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video Number:</td>
<td>Video Number:</td>
<td>Video Number:</td>
<td>Video Number:</td>
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<td>Time:</td>
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<td>Time:</td>
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<td>Time:</td>
</tr>
<tr>
<td>Video Number:</td>
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<td>Video Number:</td>
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<td>Video Number:</td>
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<tr>
<td>Time:</td>
<td>Time:</td>
<td>Time:</td>
<td>Time:</td>
<td>Time:</td>
</tr>
</tbody>
</table>
One cup of salad greens provides an excellent source of vitamin A.

Lettuce was among the first vegetables brought to the New World by Christopher Columbus.

Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.

In the United States, lettuce is the second most popular vegetable (behind potatoes).


**Activity**

Research what hydroponics is and how it can be better for the environment. Use the space below to write down key information.

Think about the different types of salad greens and pick your favorite. On a separate piece of paper, draw your salad green growing using hydroponics. Describe the environment you will need for your salad greens to grow. Be sure to include information like ideal temperature, amount of sunlight, and type of water.

**Spinach Cranberry Salad**

[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
Start Smart with Breakfast

Eating breakfast helps you grow healthy and strong. A nutritious breakfast also fuels your body, giving you the energy needed to start a new day.

**Breakfast is the most important meal of the day.**

**Breakfast helps you:**
- Improve your grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

**What makes a healthy breakfast?**

You should have three or more food groups in your breakfast (grains, fruits, vegetables, dairy, or protein). It is also important to include a food from either the dairy group or the protein group in your breakfast.

Create three menus of a healthy breakfast that you plan to eat this week. You can look at the list of foods on page 3 for ideas.

<table>
<thead>
<tr>
<th>Breakfast 1</th>
<th>Breakfast 2</th>
<th>Breakfast 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>
A ½ cup of mandarin orange sections is a source of potassium.

There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into vinegars and syrups; the peel is used to make oils, marmalade, pectin, and citric acid; seeds are used to make oils.

Clementine mandarins are available from November to January leading to their nickname as “Christmas Oranges.”

Watch this video and learn about a citrus farmer! [http://bit.ly/1Dqo85t](http://bit.ly/1Dqo85t)

### Let’s Rethink Your Drink!

Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods provide.
- Added sugar, which adds calories, but little or no nutrients. Drinking too many sugary beverages can increase the chances of experiencing some health problems, including weight gain, obesity, tooth decay, diabetes, and heart disease.

### Activity

- Visit [http://bit.ly/1DqrHJl](http://bit.ly/1DqrHJl) and, as a class or in groups, decide what this poster is trying to communicate and then discuss the following questions:

  - Which drink has the most teaspoons of sugar? ______________________

  - How many minutes of brisk walking will it take to burn off that drink? __________________________________________

  - Is it surprising to you how much sugar is in these drinks? _________________

  - What about the amount of brisk walking needed to burn it off? ____________

---

**Nutrition Facts**

| Serving Size: ½ cup mandarin, sections (98g) | Calories 52 | Calories from Fat 0%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
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<td></td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 2mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 13g</td>
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<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
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</tr>
<tr>
<td>Sugars 10g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 13%  Calcium 4%
Vitamin C 43%  Iron 1%
Other nutrients: Potassium (5%)

Drink water instead of sugary drinks
Switch to non-fat or low-fat (1%) milk
Select 100% fruit juice, in limited amounts, and no more than 4-6 ounces per day for children

Nutrition Facts Scavenger Hunt: Take-home Activity
- Make a copy of this page. Bring this activity home to complete with your family.
- If possible, visit http://bit.ly/1DqrHJl with your family and share what you learned in class.
- Select one beverage from your refrigerator or pantry.
- Copy the information from the Nutrition Facts label into the sample label below.
- Answer the questions below.
- Bring your activity and the label back to class to discuss.

How many teaspoons of sugar are in your beverage? Let’s take a look at it one step at a time:
Beverage name: __________________________

1) How many servings are in the container? __________

2) Calculate the total grams of sugar in this beverage.

\[
\text{grams (g) of sugar per serving} \times \# \text{ of servings per container} = \text{total g of sugar}
\]

\[\underline{\text{_______}} \times \underline{\text{__________}} = \underline{\text{__________}}\]

3) Calculate the total teaspoons of sugar in this beverage.

4 grams of sugar = 1 teaspoon of sugar

\[
\text{[total g of sugar divided by 4} = \text{total teaspoons of sugar]}
\]

\[\underline{\text{_______}} \text{ divided by 4} = \underline{\text{__________}}\]

Topics for class or group discussion:
Are you surprised by how much sugar is in the beverage you chose? Why or why not?
How did your family react to the amount of sugar in the beverage?
If you drink sugary beverages, what changes can you make to drink more water?
March ■ Cooked Greens

Greens grow on the ground.

- A ½ cup of bok choy is a source of calcium.
- Some greens like bok choy and kale can be eaten cooked or raw.
- Although it looks like romaine lettuce or celery stalks, bok choy is actually a type of cabbage. Bok choy, collards, kale, mustard greens, and turnip greens are part of the cabbage family.
- Collard, mustard, and turnip greens are commonly known as “Southern greens.”

Watch this video and learn about a farmer who grows greens! http://bit.ly/1xAMd72

Activity
- On a separate piece of paper, explain how the Ikeda family farm was affected by World War II. How can war affect people who are not directly involved? What do you think would have happened to the family farm if their friends did not help them?

- What is your favorite cooked green? How can you include more cooked greens into the meals or snacks you eat? Write your ideas below and share with a group or the class.

  Krazy Kale Salad http://bit.ly/1Tm0OtI

  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
Water is the Way to Go

It is important that children drink water daily for good health. If your body doesn't have water, it can stop working properly. This may be surprising, but there is no magic number of cups of water that kids need to drink every day. You can get water from the foods you eat, especially fruits and vegetables, and other sources of fluid such as milk.

There are times when you will need to drink more water than you normally do. When it’s sunny and warm, keep a water bottle on your desk. If you’re going to play a sport or be physically active, you will need to drink water before, during, and after playing. It is necessary to replace the water that leaves your body in the form of sweat. You can’t play your best when you’re thirsty!

When your body doesn’t have enough water, you can become dehydrated. Dehydration can keep you from being as fast and as sharp as you would like to be. Dehydration can even make you feel sick. Water is the best drink for active kids your age. Water doesn’t have calories or artificial sweeteners and you don’t need the extra sugar that sports drinks have.

By drinking enough water, your body will be able to do all of its wonderful jobs and you’ll feel great!

■ Using the facts from the information above, summarize why it is important for your classmates to drink water, especially when they are playing sports or being physically active.

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Adapted from: UC Berkeley Center for Weight & Health FAQ’s about Sports Drinks and kidshealth.org

A ½ cup of sliced cucumbers provides a source of water. The cucumber is 96% water by weight.

The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, sushi, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.

The inside of a cucumber can be up to 20 degrees cooler than the exterior.

Watch this video to learn what grows in California and how it affects you! [www.learnaboutag.com - It’s All About You!](http://bit.ly/1Tm0OtI)

### Food and Play Mapping

Let's talk about the places in the community where people get food and play. What purpose do maps serve? Maps present information about the world in a visual way.

You can complete this activity in groups or as a class. Use a large piece of paper, chart paper, or the white board to map your school. You can use an internet tool like Google Maps to get familiar with the area around your school.

Next, draw in and label the places where people get their food and the places where they get their play or physical activity in the community. You can use the map on the next page as a guide. The symbols on the next page represent only some examples of places where you can get food and play; you can add more if you would like.

Then, if you are making maps in groups, share your map with the rest of the class.

Last, discuss the questions listed on the next page.
Food and Play Mapping

Discussion Questions
After completing your map, discuss the following questions.

- What places are close for you to buy food?
- What kinds of food do they sell?
- What places are close for you to play or be physically active? Is it safe?
- Next month, this discussion will include more detail about how our environment (the area where we live), can affect our health. Keep the map handy!
Strawberries grow on the ground.

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.

Visit this website to learn about California strawberry farmers. Click on Meet the Growers: A Diverse Heritage. [http://bit.ly/1IpcEl4](http://bit.ly/1IpcEl4)

**Activity**

- Using information from the video, what percent of California strawberry farmers are Mexican-American? ______
- What percent of California strawberry farmers are Japanese-American? ______
- If there are 600 California strawberry farmers, then:
  
  How many are Mexican-American? ________  How many are Japanese-American? ________

  Use the space below to show your work.

**Strawberry Shortcake**

[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: ½ cup strawberries, sliced (83g)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 27</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 1mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  Calcium 1%
Vitamin C 81%  Iron 2%

My Community, My Health

You may remember talking about barriers and opportunities last year and how it can affect your health. As a reminder, the definitions of barriers and opportunities are below.

**Breaking Down Barriers**
- The word *barrier* can have many meanings. A barrier is something that prevents you from making progress, going ahead, or taking action. Some types of barriers are easy to see, such as walls, doors, or fences. These barriers put limits on our physical movement. Other types of barriers are harder to see, such as laws and rules, but can still impact our goals or plans (or stand in the way of us achieving a goal).

**Finding Opportunities**
- An *opportunity* is a chance for something good to happen. Many times reaching our own goals can be because of opportunities or good situations around us. Opportunities for living a healthy life can be found in our home, our schools, and our neighborhoods. Some opportunities are easy to see, while others might take a little longer to find.

Now, let’s think back to the map you created last month that highlighted the places we eat and play. This map can give you an overall picture of what is around you and how that may impact the choices you make. It is important to pay attention to where you get your food, whether healthy or unhealthy. Eating healthy is important, but the place you are living should also support being healthy. Think about these questions and brainstorm with a group or with the class. Use a separate piece of paper to record your ideas if needed.

Using the map as your guide, answer the following questions:
- What barriers do you see to eating healthy and being physically active in your community?
- What opportunities do you see to eating healthy and being physically active in your community?
- What is one way you plan to take advantage of a healthy eating or a physical activity opportunity in your community? Draw yourself taking advantage of a healthy eating or physical activity opportunity in your community.
Lights! Camera! Action!

- You have learned about barriers and opportunities to eating healthy and staying active. Let’s practice those skills! Form groups of 3-4 students and read the following scenes:

1. It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?

2. You just got home from school and you really want a fruit or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?

Decide with your group which scene you would like to work on. What are the barriers? What are the opportunities? As a group, decide what you would say and do. You can either write it down or present your solution in front of the class by performing a short skit. Compare solutions with different groups.
How to Choose a Healthy Cereal

Don’t be fooled by the front of a cereal box! Turn the box over and read the ingredient list.

Choose a healthy cereal in three steps:

1. Whole grains should be the first ingredient. The following are examples of whole grains: whole wheat, oats, rye, whole grain corn, oat bran, and wheat bran.

2. Look for cereals with no more than 8 grams of sugar per serving.

3. Look for cereals that contain at least 3 grams of fiber per serving.

Use the guidelines above to choose the healthier cereal.

Cereal A—Fruity Tooties

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/or Rice Brain Oil, Salt, Tricalcium Phosphate, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT Added to preserve freshness

Cereal B—Toasted O’s

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Oat Fiber, Wheat Starch. Vitamin E (mixed tocopherols) added to preserve freshness

Write “yes” or “no” to answer each of the questions in the table.

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Is the first ingredient a whole grain?</th>
<th>Does the cereal have 3 or more grams of fiber per serving?</th>
<th>Does the cereal have 8 grams or less of sugar per serving?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Which cereal is a more nutritious choice? Cereal A Cereal B
be a fit kid
10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1. **tie up your laces and walk**
   Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2. **turn up the music**
   Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3. **ride a bike**
   Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4. **join a team**
   Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5. **go out and play**
   Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6. **dive right in!**
   Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7. **get paid to be fit**
   Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8. **try skating or skateboarding**
   Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.

9. **plant a garden**
   Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10. **stuck inside?**
   Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

Go to www.ChooseMyPlate.gov for more information.
Appendix 1: Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

**see**
- Green
- Red
- Orange
- Purple
- Yellow
- Brown
- Tan
- White
- Blue
- Light (+color)
- Dark (+color)
- Colorful
- Appealing
- Appetizing
- Shiny
- Small
- Medium
- Large
- Thick
- Thin
- Long
- Short
- Skinny
- Round
- Oval
- Twisted

**touch**
- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy
- Cold
- Warm
- Hot
- Silky
- Furry

**taste**
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouth-watering
- Yummy
- Good
- Bad
- Refreshing

**hear**
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- Squeaky
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**smell**
- Sweet
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---

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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
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