



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



**MY BEET  
BOOK**

**BY:** \_\_\_\_\_

## Activity: Rhyming Words



Write as many words that you can think of that rhyme with the following words that describe beets.

Beet \_\_\_\_\_

\_\_\_\_\_

Red \_\_\_\_\_

\_\_\_\_\_

Root \_\_\_\_\_

\_\_\_\_\_

Ground \_\_\_\_\_

\_\_\_\_\_

Plant \_\_\_\_\_

\_\_\_\_\_

## Beet Story Problems



1. Mr. McGregor planted red and gold beets in his garden. He planted a total of 40 plants. If  $\frac{3}{4}$  of the beets are red and  $\frac{1}{4}$  of the beets are golden, how many of each color does he have?

\_\_\_\_\_

2. Each beet plant costs \$0.50 from the nursery. How much did he spend on the 40 plants?

\_\_\_\_\_

3. Each beet plant will produce  $3\frac{1}{2}$  pounds of beets. How many pounds of beets will Mr. McGregor get from 20 plants?

\_\_\_\_\_

4. Mr. McGregor has 150 beets. He will keep  $\frac{1}{3}$  of the beets for himself and sell the rest. How many beets will Mr. McGregor keep?

\_\_\_\_\_

5. He will sell the rest of the beets for 4 for \$1.00. How much will he make if he sells 100 beets?

\_\_\_\_\_



## Comprehension Questions



1. What is the most common type of beet? \_\_\_\_\_
2. What type of beet is also known as the “candy cane beet”?  
\_\_\_\_\_
3. True or False: Beets can be the size of baseballs. \_\_\_\_\_
4. During what time of the year are beets available?  
\_\_\_\_\_
5. True or False: We cannot eat the leaves beets. \_\_\_\_\_
6. One half cup of cooked beet greens contain what % Daily Value of vitamin A?  
\_\_\_\_\_
7. True or False: Beets contain a higher percentage of vitamin C than beet greens.  
\_\_\_\_\_

1st: Reading comprehension 2.2, 2nd: Reading comprehension 2.2, 2.4  
3rd: Reading comprehension 2.2, 2.3, 4th: Reading comprehension 2.2  
5th: Reading comprehension 2.4

### Beets 1/2 cup cooked

Nutrition Facts	
Serving Size 85 g	
Amount Per Serving	
Calories 37	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Vitamin C 5%
Calcium 1%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

### Beet greens 1/2 cup cooked

Nutrition Facts	
Serving Size 72 g	
Amount Per Serving	
Calories 19	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 174mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 110%	Vitamin C 30%
Calcium 8%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Directions: Fill in the chart below using the information from the two Nutrition Facts labels.

	Beets 1/2 cup cooked	Beet greens 1/2 cup cooked
Calories		
Total Fat (in grams)		
Vitamin A (%)		
Vitamin C (%)		
Iron (%)		
Calcium (%)		