

Food for Thought

October 2009

Crunchy Root Vegetables

Harvest of the Month



Network for a Healthy California

Nutrition Facts

Serving Size: ½ cup raw jicama, sliced (60g)

Calories 23 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 3g 12%

Sugars 1g

Protein 0g

Vitamin A 0% Calcium 1%

Vitamin C 20% Iron 2%

Tasting Trio Chili Stick Witch Fingers

Serving size

35 servings (2 jicama sticks per student)

Materials

2 big paper plates

20-35 napkins

1 pair of gloves to mix and serve

Ingredients

Package of 70 jicama sticks

3 Tbs. chili powder

2 lemons

Salt and pepper (to taste)

Preparation

1. Separate jicama sticks
2. Sprinkle lemon juice, chili powder, salt, pepper, and eat!



Source: Network for a Healthy California, Monrovia USD

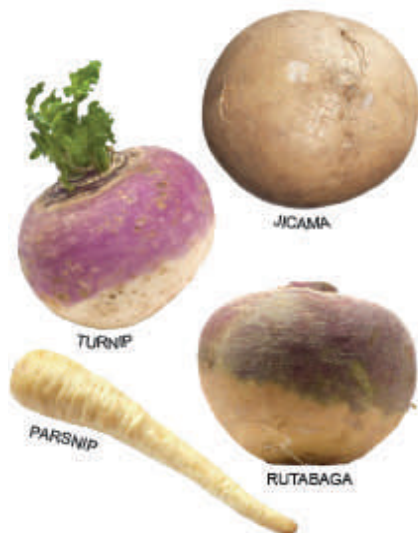
Did You Know?

- “Starchy vegetables” such as roots and tubers, provide calories in the form of complex carbohydrates. They also provide vitamins, minerals, and fiber.
- Roots such as beets, carrots, radishes, rutabagas, and turnips can be planted in early spring and late summer for two crops.
- Tubers are a single-crop vegetable that can take up to one year to harvest.
- Tubers differ from other roots in that they are swollen underground stems and are capable of producing plants and storing energy.
- A ½ cup of most root vegetables provides an excellent source of vitamin C.

Sources: www.harvestofthemonth.com, Root Vegetables– Educator Newsletter

Classifying Roots

Subgroup	Varieties
Tubers	Potato, sunchoke, yam
Tap Roots	Beet, carrot, cassava, jicama, parsnip, radish, rutabaga, turnip
Tuberous Roots	Sweet potato, yucca
Corms	Celeriac, eddo, taro, water chestnut
Rhizomes	Arrowroot, galangal, ginger, ginseng, lotus root, turmeric
Bulbs	Garlic, onion, shallot



Curriculum Ideas

Thinking Maps

What's the difference between a tuber and a root? Use a Double-Bubble map to write your results.



Language Arts

- Research and write about the history of turnips and rutabagas in Irish, Scandinavian, and Russian cultures.
- Talk with a local dietitian to identify valid resources for nutrition information. Discuss popular beliefs about carbohydrates and resolve myths and facts.

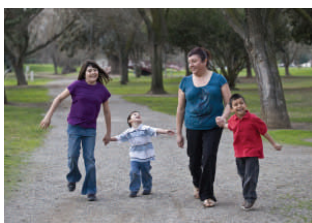
Mathematics

Compare and contrast the content of predominant nutrients – including vitamins and minerals – in different root vegetable varieties (e.g., jicama, parsnips, rutabagas, turnips, yams, sweet potatoes, potatoes).

Source: Adapted from Harvest of the Month, Roots Educator Newsletter

Physical Activity Corner

Walk to School Day



Encourage your students and families to walk on October 7, 2009 to celebrate International Walk to School Day. School sites may also form a “walking school bus” to promote physical activity. For ideas on how to start a walking school bus, visit

www.walkingschoolbus.org. A healthy lifestyle consists not only of a healthy overall diet, but also plenty of physical activity. The recommended amount of physical activity for children is 60 minutes on most days and 30 minutes for adults.

For more information, visit: www.cawalktoschool.com

October Events

Root Vegetable Resources & More

Harvest of the Month teacher materials-

http://publichealth.lacounty.gov/nut/LACOLLAB_Files/documents/HOTM/Cycle3-OctoberRootVegetables/OctoberRootVegetables.htm

Root vegetables info-<http://aggie-horticulture.tamu.edu/extension/specialty>

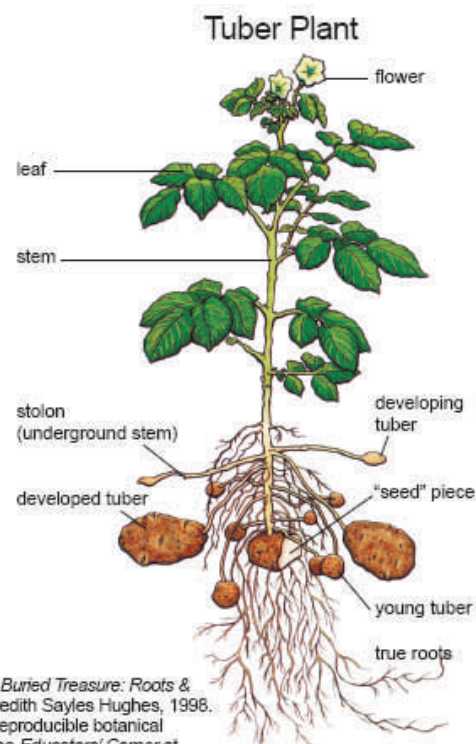
Nutrient data search- www.nal.usda.gov/fnic/foodcomp/search

The Vegetables We Eat by Gail Gibbons

Tops and Bottoms by Janet Stevens, Harcourt Brace and Company

Food in the United States, 1820's –1890

by Susan Williams, Greenwood Press, 2006



Adapted from: *Buried Treasure: Roots & Tubers* by Meredith Sayles Hughes, 1998. To download reproducible botanical images, visit the *Educators' Corner* at www.harvestofthemonth.com.



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