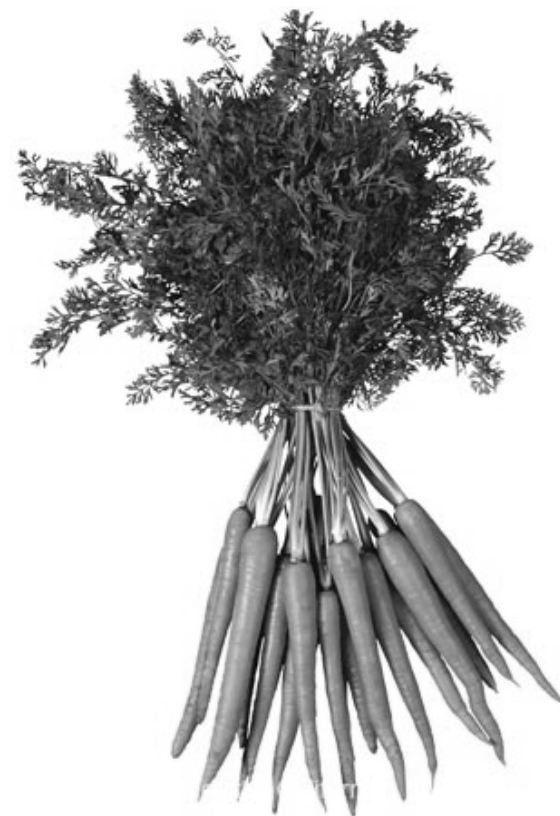




**CHAMPIONS
for CHANGE**
Network for a Healthy California

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 ROOT & TUBER
VEGETABLE
BOOK**

BY: _____

Activity: Acrostic Poetry

For each letter of the word, write a word or phrase that describes root vegetables.



R _____

O _____

O _____

T _____

Use each of these words in a sentence.

R _____

O _____

O _____

T _____

Root & Tuber
Vegetable Story Problems



1. The potato patch produced 6 bags of sweet potatoes. Each bag weighed 5 pounds. How many pounds of sweet potatoes were there?

2. For dinner your mom roasted carrots, sweet potatoes, and turnips. If there are 3 cups of vegetables, how many $\frac{1}{2}$ cup servings are there?

3. A soup recipe calls for 2 pound of potatoes. If one potato weighs $\frac{1}{2}$ pound, how many potatoes do you need?

4. The soup recipe also calls for 2 cups of carrots. If one carrot is $\frac{1}{4}$ of a cup, how many carrots will you need?

Root and Tuber Facts



1. Roots are parts of a plant that usually grow downward, anchoring the plant into the ground, where they absorb moisture and nutrients. Examples include carrots, beets, and sweet potatoes.

2. Tubers form at the base of the roots and are the swollen tips of stems that grow underground. They store energy in the form of carbohydrates to support plant growth. Examples include potatoes and jicama.

3. In the United States, California ranks 5th for potato production with \$216,949,000 worth produced in 2008. California also ranks 1st in the U.S. in the production of carrots.

4. Spanish Conquistadors, in the early 1500's, brought the potato from South America back to Europe.

5. American colonists learned to rely on hearty foods like potatoes and other roots and tubers because they could be stored for months in the harsh New England climate. These vegetables' long shelf also helped American colonists feed themselves through the Revolutionary War.

Make a Plan to Meet your Vegetable Goal



| Boys | | | | |
|------------|-----------|----------|----------|----------|
| | Ages 7-8 | Age 9 | Age 10 | Age 11 |
| Vegetables | 2 cups | 2.5 cups | 2.5 cups | 2.5 cups |
| Girls | | | | |
| | Ages 7- 8 | Age 9 | Age 10 | Age 11 |
| Vegetables | 2 cups | 2 cups | 2.5 cups | 2.5 cups |

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30 -60 minutes of physical activity per day) from MyPyramid.gov.

1. I am a _____ (boy or girl). I am _____ years old. I need _____ cups of vegetables everyday.

2. Did you meet your vegetable goal yesterday? _____

3. What will you do tomorrow to make sure you get the amount of vegetables your body needs?

Comprehension Questions



1. True or False: Carrots, beets, and sweet potatoes. Are examples of root vegetables.

2. Potatoes and jicama are examples of _____ vegetables.

3. Jicama is an excellent source of what vitamin? _____

4. Carbohydrates are the body's preferred source of _____.

5. Vitamin C helps the body by

6. California ranks _____ in the U.S. in the production of carrots.



Reasons to Eat Roots and Tubers

1. One half cup of raw jicama is an excellent source of vitamin C. Vitamin C helps the body heal cuts and wounds and maintain healthy gums.

2. One half cup cooked potatoes is a good source of vitamin C.

3. One half cup cooked mashed rutabaga is a good source of potassium and an excellent source of vitamin C.

4. One half cup cooked parsnips are a good source of folate.

5. A key nutrient in all roots and tubers is starch, a complex carbohydrate. Carbohydrates are your body's preferred source of energy.

6. All roots and tubers are a good source of fiber.

7. The skin of a potato is an excellent source of fiber.