



Harvest
of the
Month
Network for a Healthy California



2009—2010

2nd Grade Workbook



Name _____

Introduction

Harvest of the Month is a program that your class will participate in this year. Through 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 are more affordable and most fresh.



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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 2½ cups of vegetables and 1½ cups of fruit every day.

½ cup of fruit



½ cup of vegetables



1 cup of fruit

1 cup of raw leafy greens



½ cup of vegetables









½ cup of vegetables



¼ cup of dried fruit



Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
Apple 					
Roots & tubers 					
Cooked greens 					
Beans 					
Grapefruit 					
Beets 					
Peppers 					
Cucumber 					
Berries 					
Corn 					



SEPTEMBER

Apple



APPLE FACTS

1. Apples are a fruit.
2. Apples come in all shades of red, yellow, and green.
3. Apples grow from an apple blossom on a tree.
4. Apples are a good source of fiber and vitamin C.

Write two facts you learned about apples.

1. _____
2. _____

Nutrition Facts	
Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%

List three adjectives to describe apples.

1. _____
2. _____
3. _____



Nutrition Fact: Apples are a good source of dietary fiber. Fiber promotes food digestion and helps maintain a healthy heart. Fiber also helps you feel full after a meal. Apples are best when eaten with the peel, as that is where most of the fiber is found.

Find and circle fiber on the label. How many grams (g) of dietary fiber is in one medium apple? _____



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Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

1/2 cup of fruit



1/2 cup of vegetables



Boys		
	Age 7-8	Age 9
Fruits	1 1/2 cups	1 1/2 cups
Vegetables	2 cups	2 1/2 cups
Girls		
	Age 7-8	Age 9
Fruits	1 1/2 cups	1 1/2 cups
Vegetables	2 cups	2 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.

Make a plan for how you will include fruits and vegetables in every meal.

For breakfast, I will eat _____

For lunch, I will choose _____

For dinner, I will eat _____

My Goal! Each day, I will eat _____ cups of fruits and _____ cups of vegetables.

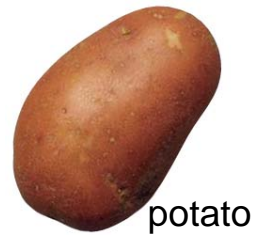


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jicama



OCTOBER



potato

Roots & Tubers

ROOT & TUBER FACTS

1. Root vegetables are the roots of plants that are eaten as vegetables. Carrots, radishes, and jicama are types of root vegetables.
2. The root of a plant collects the water and nutrients necessary for the plant to grow.
3. Tubers form at the base of roots and are the swollen tips of stems that grow underground. Tubers include potatoes and yams.

Write two facts you learned about roots & tubers.

1. _____

2. _____

Nutrition Facts

Serving Size: 1/2 small russet potato, baked with skin (69g)

Calories 67 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 6%

Sugars 1g

Protein 2g

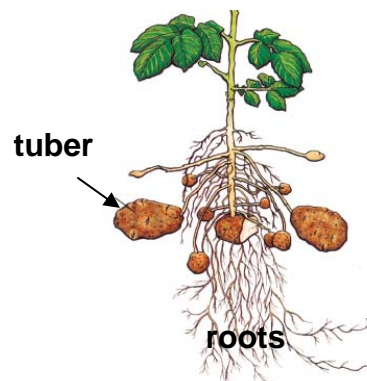
Vitamin A 0% Calcium 4%

Vitamin C 27% Iron 3%

List two adjectives to describe roots and tubers.

1. _____

2. _____



Nutrition Fact: Most root and tuber vegetables are a good source of vitamin C. Vitamin C helps the body heal cuts and wounds and maintain healthy gums.

Find and circle vitamin C on the label. What percent daily value of vitamin C does 1/2 small russet potato contain? _____



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Healthy and Fun Parties

Discuss the following questions with your classmates:

1. Why is it important for us to have healthy snacks and beverages?
2. Do you think it is a good idea to have healthy snacks during our school parties?
3. Should we include a fun physical activity during our school parties?



Directions: Pretend you are the official **Party Planner**. First, plan your healthy party menu. Next, plan the fun physical activity you would like to include during your party. Last, share your ideas with your classmates.



_____’s
Healthy Party Menu

_____’s
Healthy Party Physical Activity



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bok choy

Cooked Greens



Collard Greens

COOKED GREENS FACTS

1. Cooked greens are leafy green vegetables.
2. Some examples of cooked greens are bok choy, collard greens, kale, and Swiss chard.
3. California produces about 70% of the nation's leafy green vegetables.
4. Most cooked greens are an excellent source of vitamin C and vitamin A.

Write two facts you learned about cooked greens.

1. _____
2. _____

Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)

Calories 15 Calories from Fat 0

% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	3%

Vitamin A 107%	Calcium 5%
Vitamin C 26%	Iron 11%

List three adjectives to describe cooked greens.

1. _____
2. _____
3. _____



kale



Swiss chard

Nutrition Fact: One half cup of Swiss chard is an excellent source of vitamin A. Vitamin A helps keep your eyes and skin healthy. Vitamin A also helps protect your body against infections. Find and circle vitamin A on the label. What percent daily value does 1/2 cup of Swiss chard contain? _____



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Kidney Beans

DECEMBER

Beans



Pinto Beans

BEAN FACTS

1. Dry beans are seeds that grow inside pods on a plant.
2. Beans are a good source of protein and an excellent source of fiber.
3. California ranks sixth in the nation in dried bean production.
4. Kidney beans are named because they are shaped like a kidney.

Write two facts you learned about beans.

1. _____

2. _____

Nutrition Facts

Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

List three adjectives to describe beans.

1. _____

2. _____

3. _____



Nutrition Fact: Beans are a good source of protein. Protein is found in your bones, muscle, hair, skin and most tissues and organs in your body. Proteins provide the building blocks (amino acids) that form body tissues including your muscles. Find and circle protein on the label. How many grams of protein does 1/2 cup of garbanzo beans contain? _____

Use MyPyramid to make HEALTHY food choices!

It is important to eat a variety of foods every day to ensure you get all the nutrients your body needs to stay healthy. The MyPyramid contains 5 food groups. We need to be sure to choose foods from each group every day.



Directions: Write the name of the foods below in the correct food group box that they belong to. If you are unsure about what food group a food belongs to, refer to page _____.



Pepper



Yogurt



Grapefruit



Egg



Apple



Beans



Cheese



Peanut Butter



Carrot



Cereal



Milk



Tortilla



Strawberries



Corn



Bread

Grains
Make half your grains whole

Vegetables
Vary your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein





JANUARY



Grapefruit

GRAPEFRUIT FACTS

1. Grapefruit is a fruit that grows on a tree.
2. Grapefruits are an excellent source of vitamin C.
3. California is the nation's second leading producer (behind Florida) of both citrus fruit and grapefruit.

Write two facts you learned about grapefruit.

1. _____

2. _____

Nutrition Facts	
Serving Size: ½ medium grapefruit (123g)	
Calories 46	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

List three adjectives to describe grapefruit.

1. _____

2. _____

3. _____

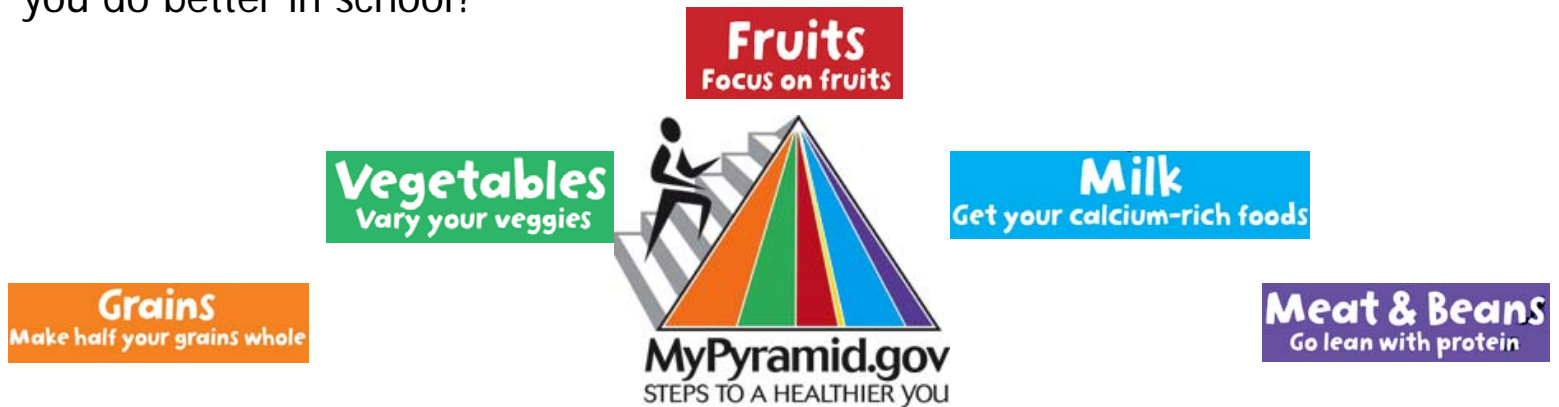


Grapefruit Tree

Nutrition Fact: Grapefruit is an excellent source of vitamin C. In addition to vitamin C helping heal cuts and wounds and maintain healthy gums, vitamin C is an antioxidant. Antioxidants help protect our cells and keep your immune system healthy. Find and circle vitamin C on the label. What percent daily value of vitamin C does 1/2 grapefruit contain? _____

Power Up Your Day with Breakfast!

Eating breakfast every morning is the SMART thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the activities you love. Did you know that eating breakfast can help you do better in school?



Plan a nutritious breakfast below. Choose one food from three different food groups. Your breakfast should include a protein sources from the Milk or Meat & Beans group plus two other food groups. Write the name of your nutritious food choice on the first line. Then, write the name of the food group each food is from on the second line. For nutritious food ideas, refer to page 25.

Example: Peanut butter from the meat food group.

Whole wheat toast from the grain food group

Banana from the fruit food group

_____ 's

Nutritious Breakfast Menu

_____ from the _____ food group

_____ from the _____ food group

_____ from the _____ food group

(Name of food)

(Name of food group)



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FEBRUARY

Beets



BEET FACTS

1. A beet is a root vegetable that grows under the ground.
2. Beet greens are a high source of vitamin A and vitamin C.
3. Beets can be eaten fresh or cooked.

Write two facts you learned about beets.

1. _____

2. _____

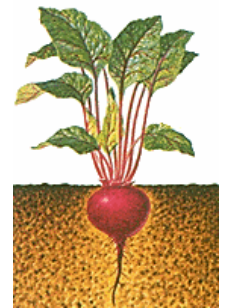
Nutrition Facts	
Serving Size: ½ cup cooked beets, sliced (85g)	
Calories 37	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%

List three adjectives to describe beets.

1. _____

2. _____

3. _____



Nutrition Fact: Beet greens are a source of vitamin C. Use the glossary of nutrients on page 28 to define vitamin C.



Eating salad is a great way to get the vegetables you need every day. Vegetables contain the vitamins and minerals your body needs to grow and to be strong and healthy.

Beets can add a lot of flavor to a salad. Draw a picture of a salad with beets and other nutritious vegetables in it.



Write the names of the vegetables you will try to eat in a salad this week.

Share what vegetables you would like to eat in a salad at home with a family member. Explain to them why eating vegetables keeps your body healthy. Try your salad at home!



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MARCH



Peppers

PEPPER FACTS

1. There are nearly 2,000 types of peppers grown around the world.
2. Peppers are grouped into two categories: hot and sweet.
3. Peppers are an excellent source of vitamin C.
4. The most common pepper is the bell pepper.

Write two facts you learned about peppers.

1. _____
2. _____

Green Peppers 1/2 cup chopped

Nutrition Facts

Serving Size: 1/2 cup sweet green peppers, chopped (75g)

Calories 15 Calories from Fat 1

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%



Red Peppers 1/2 cup chopped

Nutrition Facts

Serving Size: 1/2 cup sweet red peppers, chopped (75g)

Calories 23 Calories from Fat 1

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 1g	
Vitamin A 47%	Calcium 1%
Vitamin C 158%	Iron 2%



Directions: Fill in the chart below using the information from the two Nutrition Facts labels on page 16.



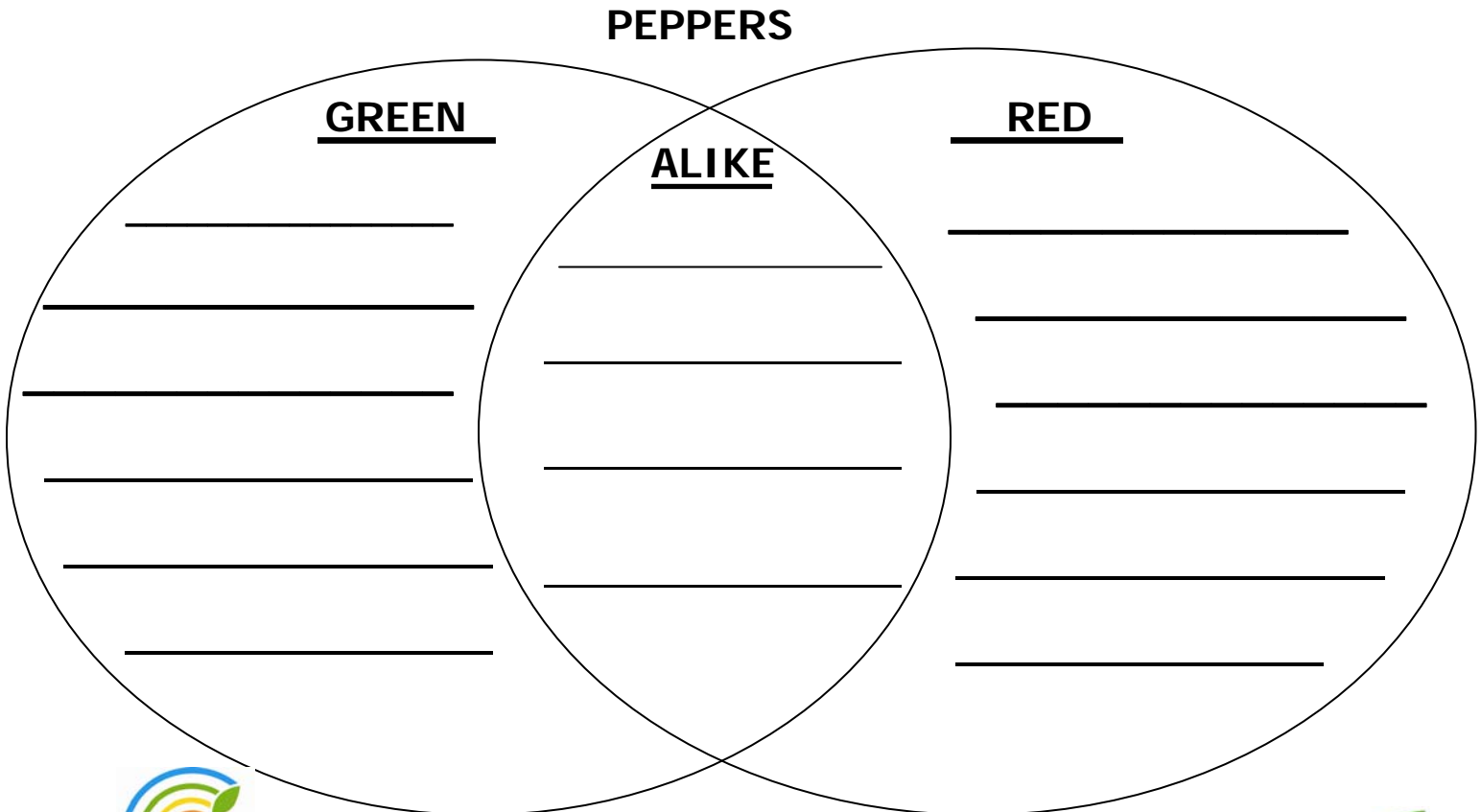
Nutrient Content of Green and Red Peppers

	Green Pepper, 1/2 cup	Red Pepper, 1/2 cup
Calories		
Total Fat (in grams)		
Vitamin A (%)		
Vitamin C (%)		
Iron (%)		

Compare and Contrast

- ◆ To compare means to tell how things, events, or characters are alike in some ways.
- ◆ To contrast means to tell how things, events, or characters are different.

Directions: Complete the Venn diagram below contrasting and comparing green and red peppers. Make sure to use all your senses: taste, touch, smell, hearing and sight.

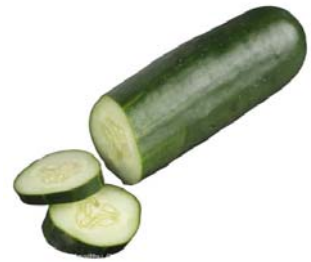


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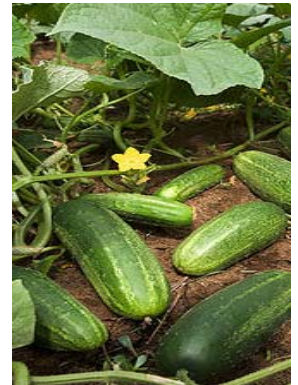
APRIL

Cucumber



CUCUMBER FACTS

1. Cucumbers grow on a vine.
2. Cucumbers are 96% water.
3. Pickles are made from cucumbers.



Write two facts you learned about cucumbers.

1. _____

2. _____

Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%

List three adjectives to describe cucumbers.

1. _____

2. _____







3. _____



Nutrition Fact: Cucumbers contain 96% water. Did you know that water makes up more than half of your body weight? Getting enough water helps keep your muscles from getting tired so you can enjoy all the physical activities you love. Water also helps your brain think so you can learn all about your world. When your body doesn't have enough water, you can become dehydrated. Dehydration can make you feel tired and can make you sick. Your body doesn't get water only from drinking, it can get water from foods we eat, like cucumbers! So, drink water and eat fresh fruits and vegetables every day to get the water your body needs to stay healthy.

Power Up Your Day By Adding Fruits and Vegetables!

Directions: Read the suggestions on how to add fruits and vegetables to your day. Then, make a list of fruits and vegetables you will try to add. Refer to page 25 for fruit and vegetable ideas.

	<p>Suggestions on how to add fruits and vegetables to power up your day!</p>	
<p>BREAKFAST</p> 	<p>Add fruit to your breakfast cereal</p>	<p>Name two fruits you will add to your cereal:</p> <p>_____</p> <p>_____</p>
<p>LUNCH</p> 	<p>Pick a vegetable in the cafeteria or pack a vegetable in your lunch</p>	<p>Name two vegetables you will choose for lunch:</p> <p>_____</p> <p>_____</p>
<p>SNACK</p> 	<p>Choose raw vegetables for an afternoon snack</p>	<p>Name two vegetables you will choose for your snack:</p> <p>_____</p> <p>_____</p>
<p>DINNER</p> 	<p>Eat a big salad with dinner</p>	<p>Name two vegetables you will include on your salad:</p> <p>_____</p> <p>_____</p>
<p>DESSERT</p> 	<p>Eat fruit for dessert</p>	<p>Name two fruits you will choose for your dessert:</p> <p>_____</p> <p>_____</p>



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Blueberries

MAY

Berries

Blackberry



BERRY FACTS

1. Berries are fruits.
2. There are many different types of berries such as blueberries, raspberries, strawberries, and blackberries.
3. Strawberries are the most popular berry.
4. Most berries are an excellent source of vitamin C.

Write two facts you learned about berries.

1. _____

2. _____

Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%

List three adjectives to describe berries.

1. _____

2. _____

3. _____



Raspberries

Nutrition Fact: Most berries are excellent sources of vitamin C. Do you remember why vitamin C is important? Find and circle vitamin C on the label. What percent daily value of vitamin C does 1/2 cup of blackberries contain? _____

In addition to vitamin C, most berries contain anthocyanins. Anthocyanins are phytochemicals that may decrease risk of heart disease, certain cancers, and can even help your memory!

Write a friendly letter about making healthier food choices!



Write a friendly letter to your family about healthier food choices that you would like to make. Tell your reasons for wanting to make some healthy changes. Remember to include the five important parts of a friendly letter: date, salutation, body, closing, and signature.

A large rectangular area with a purple border, containing several horizontal lines for writing a letter. The lines are arranged to accommodate the five parts of a friendly letter: date, salutation, body, closing, and signature.



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Corn



CORN FACTS

1. Corn is a vegetable.
2. Corn grows on a stalk.
3. California is the nation's top producer of fresh sweet corn.
4. Each piece of corn is called an "ear of corn."
5. Corn is a good source of folate and thiamin, also known as vitamin B₁.

Write two facts you learned about corn.

1. _____

2. _____

Nutrition Facts	
Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 2%

List three adjectives to describe corn.

1. _____

2. _____

3. _____



Nutrition Fact: Corn, like most fruits and vegetables, is naturally low in fat. Although fat is essential for normal growth and development, too many calories from fat can lead to heart disease. Find and circle fat on the label. How many grams of fat are in 1/2 cup of corn?



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Make Plans for a Healthy Summer!

Congratulations on your new discovery of so many delicious fruits and vegetables. Over the summer it is important to continue to eat plenty of colorful fruits and vegetable every day. List two things you will do this summer to make sure you will get the amount of fruits and vegetables you need every day to stay healthy and energetic. Refer to page 5 for the amount of fruits and vegetables you need every day

These are two ways I will make sure I get the amount of fruits and vegetables I need every day.



1. _____

2. _____

In addition to eating fruits and vegetables, you need about 60 minutes of physical activity every day. List two things you will do this summer to make sure you get the amount of physical activity you need every day.

These are two ways I will make sure I get the amount of physical activity I need every day.

1. _____

2. _____



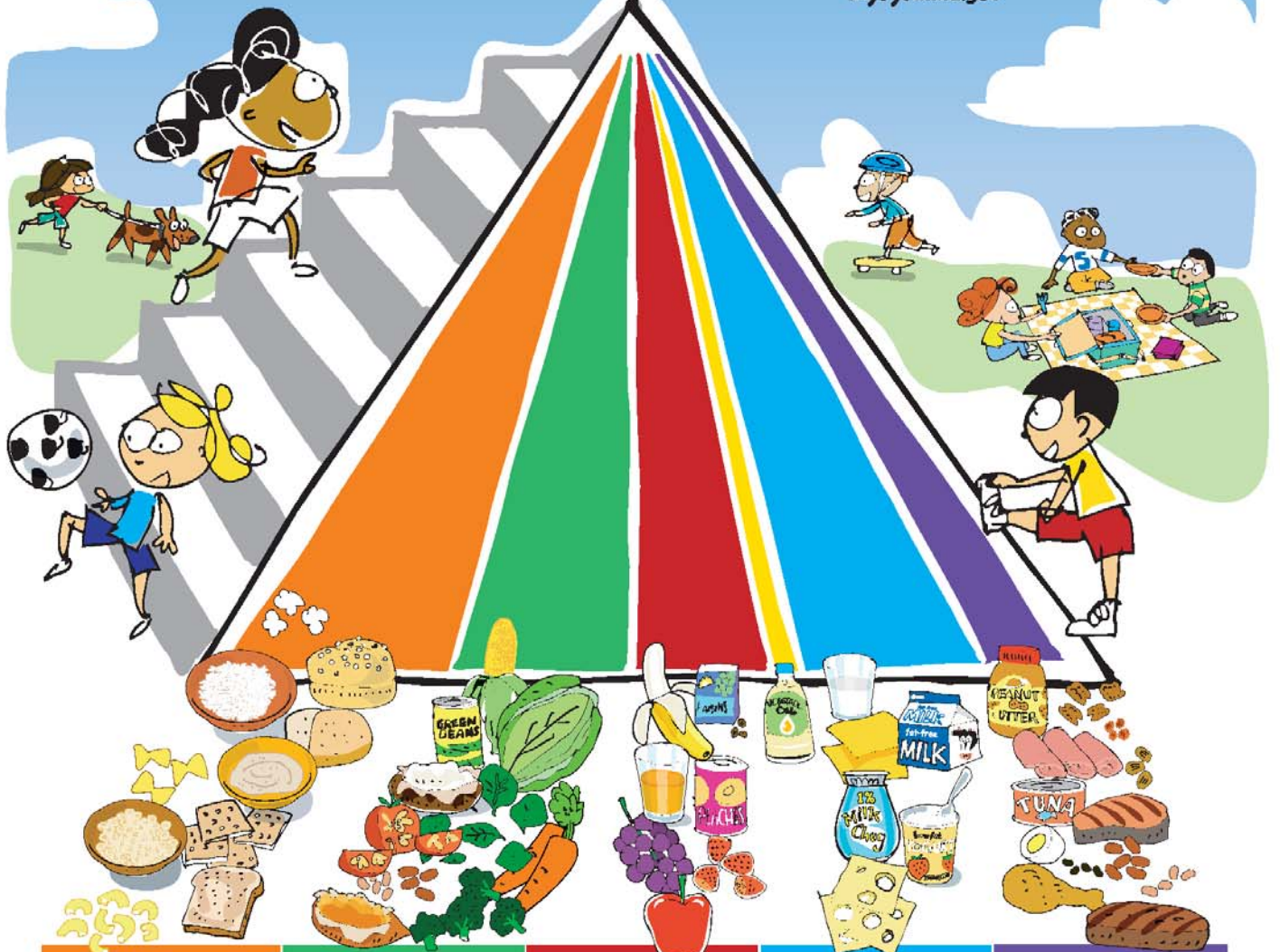
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MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
--	--	----------------------------------	--	---

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov

Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
--	---------------------------------	---------------------------------	---	----------------------------

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Foods Found in MyPyramid



- | | |
|-------------------------------|-----------------|
| Brown rice | Cornbread |
| Buckwheat | Corn tortillas |
| Oatmeal | Couscous |
| Popcorn | Crackers |
| Whole wheat cereal | Flour tortillas |
| Ready to eat breakfast cereal | Grits |
| Whole grain barley | Noodles |
| Whole grain cornmeal | Spaghetti |
| Whole rye | Macaroni |
| Whole wheat bread | Pitas |
| Whole wheat crackers | Pretzels |
| Whole wheat pasta | Corn flakes |
| Whole wheat tortillas | White rice |
| Wild rice | |



- | | |
|-----------------------------|------------------|
| Bok choy | Corn |
| Broccoli | Green peas* |
| Collard greens | Potatoes |
| Dark green leafy lettuce | Artichokes |
| Kale | Asparagus |
| Mustard greens | Bean sprouts |
| Lettuce | Beets |
| Spinach | Brussels sprouts |
| Turnip greens | Cabbage |
| Squash | Cauliflower |
| Carrots | Celery |
| Pumpkin | Cucumbers |
| Sweet potatoes | Eggplant |
| Black beans* | Green beans |
| Black-eyed peas* | Bell peppers |
| Garbanzo beans (chickpeas)* | Mushrooms |
| Kidney beans* | Okra |
| Lentils* | Onions |
| Lima beans* | Zucchini |
| Pinto beans* | Turnips |
| Soy beans* | Tomatoes |
| Split peas* | Tomato juice |
| Tofu | Vegetable juice |

*beans and peas can also go in the meats & beans group



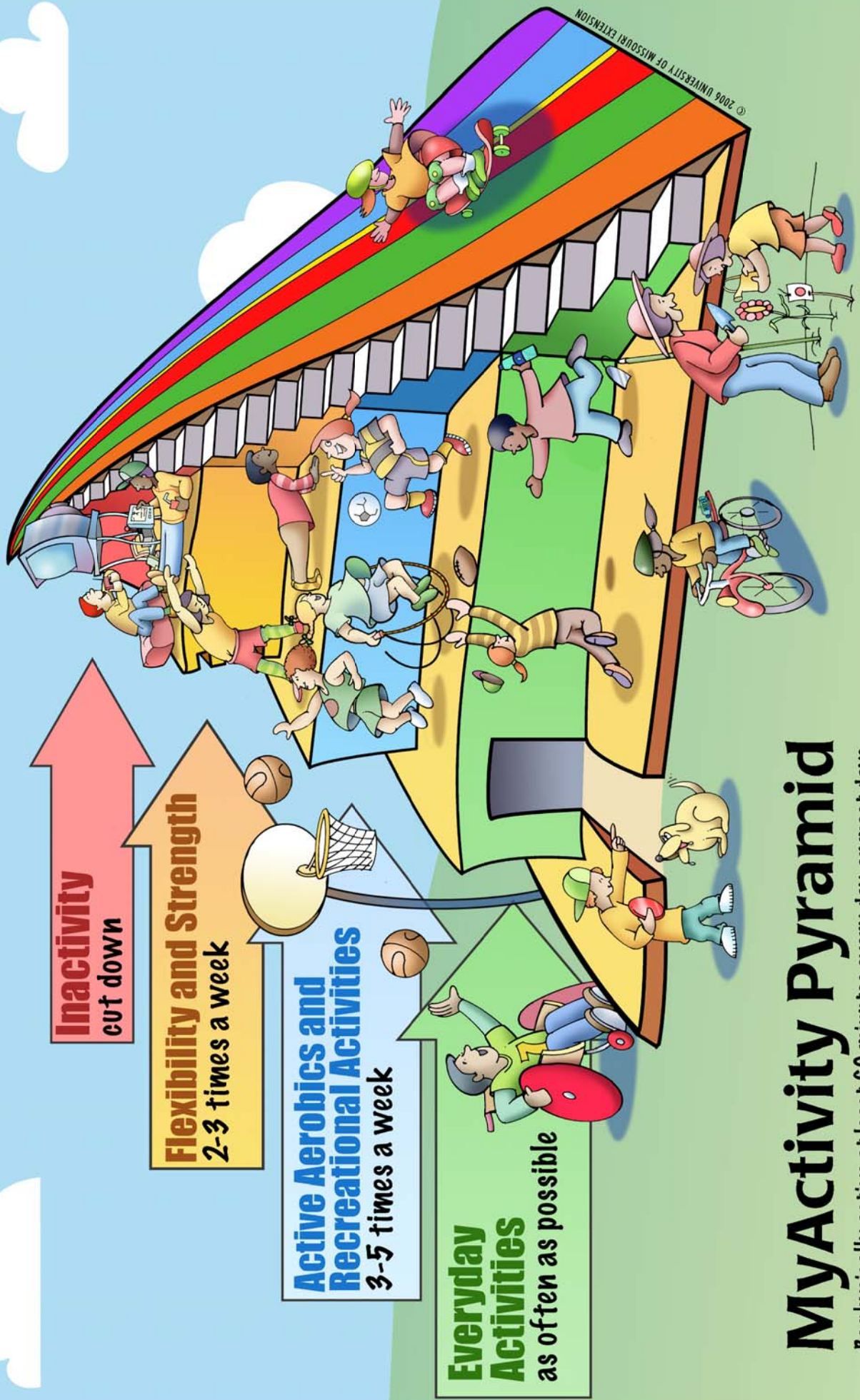
- | | |
|--------------|-----------------------|
| Apples | Oranges |
| Apricots | Peaches |
| Avocado | Pears |
| Bananas | Papaya |
| Strawberries | Pineapple |
| Blueberries | Plums |
| Raspberries | Prunes |
| Cherries | Raisins |
| Grapefruit | Tangerines |
| Grapes | 100% orange juice |
| Kiwi fruit | 100% apple juice |
| Lemons | 100% grape juice |
| Limes | 100% grapefruit juice |
| Mangos | |
| Cantaloupe | |
| Honeydew | |
| Watermelon | |



- | | |
|-------------------|----------------|
| Milk | Yogurt |
| Cheddar cheese | Cottage cheese |
| Mozzarella cheese | Ice milk |
| Swiss cheese | |
| Parmesan cheese | |



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



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MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



- 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



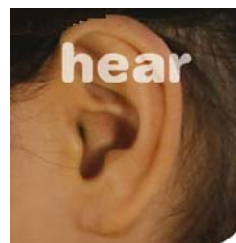
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouthwatering
- Yummy
- Good
- Bad
- Refreshing



- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy



- Sweet
- Sour
- Bitter



- Crunchy
- Crisp
- Juicy

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.

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.

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.

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.

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.

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