2008-2009
6th Grade Workbook
Teacher's Key

Harvest of the Month®

Network for a Healthy California

Name: _____

A Close Look at MyPyramid For Kids

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

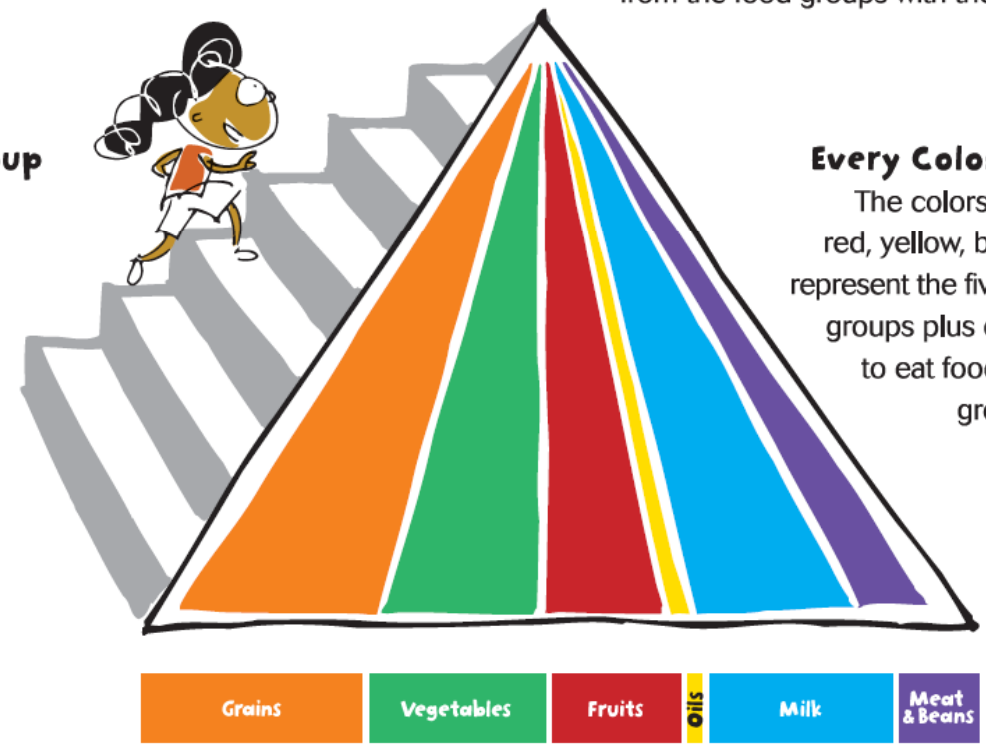
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

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.

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.

Fruits and vegetables are full of vitamins and minerals that your growing body needs. Look on the left page to find where fruits and vegetables are part of MyPyramid.

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You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!

1/2 cup of fruit

1/2 cup of vegetables

1 cup of fruit

1 cup of raw leafy greens

1/2 cup of vegetables

1/2 cup of vegetables

1/4 cup of dried fruit

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Fruit or Vegetable	I liked it	I am not sure if I liked it	I did not like it	I will try this again	Why it is good for me
Tomato					
Winter Squash					
Persimmon					
Dried Fruit					
Mandarin					
Cabbage					
Peas					
Asparagus					
Avocado					
Peach					

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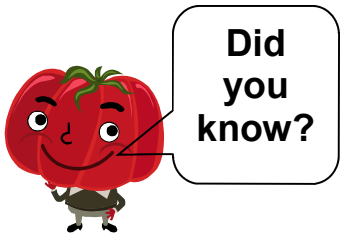
September Tomatoes



- Tomatoes are a high source of vitamins A, C and lycopene.
- Lycopene is an antioxidant. Antioxidants help keep our body healthy.
- In 1893, the U.S. Supreme Court declared the tomato a vegetable, along with cucumbers, squashes, beans, and peas. This came about as a result of tariff laws in 1887, which imposed a tax on vegetables but not fruits.

Summarize the above information:_____

_____

_____

My Goal!
I will eat _____
cups of tomatoes
this week.

List 3 adjectives that describe a tomato:

1)_____

2)_____

3)_____

Tomato Nutrition Facts

Calculate the following information based on 1/2 cup of chopped, red tomato.

Example:

_16_calories **__0__grams (g) total fat**

_4.5_milligrams (mg) sodium

_3.5_g carbohydrate **__1__g dietary fiber**

_2.5_g sugar **__1__g protein**

_1__% calcium **__15__% vitamin A**

_19_% vitamin C **__1.5__% iron**

Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)

Calories 32 — Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	

Vitamin A 30% Vitamin C 38% Calcium 2% Iron 3%

Source: www.nutritiondata.com

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Reading Comprehension 2.3, 2.4
Essential Concepts 7/81.N.6

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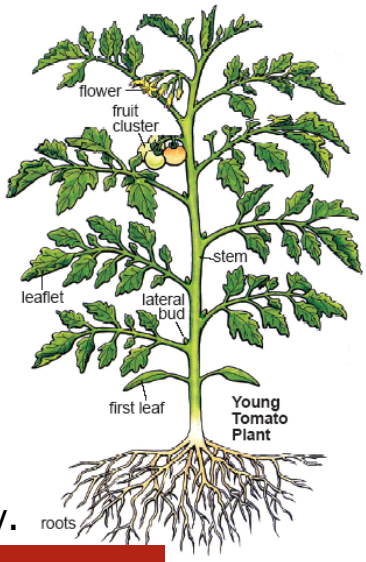

Making a Plan

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

Boys		
	Age 11	**Age 12-13**
Fruits	2 cups	2 cups
Vegetables	2.5 cups	3 cups
Girls		
	Age 11	**Age 12-13**
Fruits	1.5 cups	2 cups
Vegetables	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

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 Goals!

I am currently eating ____ cups of fruit and ____ cups of vegetables. I will need to eat ____ cups of fruit and ____ cups of vegetables to reach my goal.

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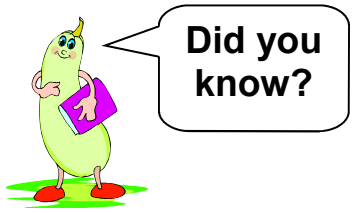
October Winter Squash



- Winter squash are a high source of vitamins A, C, and fiber.
- Vitamin A is important to maintain healthy vision.
- Fiber has many benefits, including keeping your digestive tract healthy.

Summarize the above information:_____

_____

_____

My Goal!
I will eat _____ cups of yellow vegetables or squash this week.

List 3 adjectives that describe winter squash:

1)_____

2)_____

3)_____

Acorn Squash

Spaghetti Squash

Turban Squash

Carnival Squash

1) How many grams of fiber are in a 1/2 cup of cooked winter squash?_____3g_____

2) What is the percent of the Daily Value for vitamin A? 214%

3) What is the percent of the Daily Value for vitamin C? 33%

4) Does winter squash have protein? __yes_____

5) How many grams of protein does 1/2 cup of cooked winter squash have?_____1g___

Nutrition Facts

Serving Size: 1 cup, cooked, cubes (205g)

Calories 76 — Calories from Fat 6

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	23%
Sugars 7g	
Protein 2g	

Vitamin A 214% Vitamin C 33% Calcium 5% Iron 5%

Source: www.nutritiondata.com

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Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8/1/N.2, 7/81.N.6

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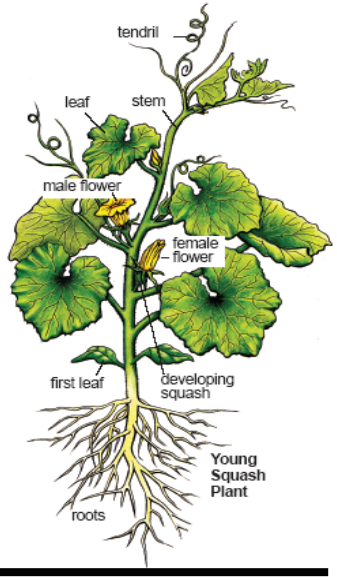

How to Read the Nutrition Facts Label

1 Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I eating?"
What is the serving size for the macaroni & cheese? ___1 cup_____

2 Calories provide a measure of how much energy you get from a serving of food.
How many calories are in the whole container? ___500_____

3 Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

4 Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

5 The percent (%) Daily Value on a food label tells you how this food can help meet daily goals. Look at the label to the right for macaroni and cheese. You can see that 1 cup of macaroni & cheese provides 4 percent of vitamin A. So that means you would have to eat other foods to get 100% of the vitamin A needed each day.

Sample label for Macaroni & Cheese

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

The % **Daily Value** shows whether that food is high or low in a certain nutrient:

5% or less = Low Source
10-19% = Good Source
20% or more = High Source

Source: http://www.cfsan.fda.gov/~dms/foodlab.html

1) The percent Daily Value for calcium is 20%, is that a low, good, or high source?___high___

2) Identify two parts of the food label that can help you make a healthy choice **You can start with serving size and then determine calories, total fat, and sodium. Foods that have %DVs that exceed 20% of the above mentioned should be limited. Encourage students to consume fruits, vegetables, whole grains, low-fat dairy, lean meats and beans.**

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Reading 2.4, Math 3.0
Essential Concepts 7/81.N.6

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November Persimmons

Did you know?

- There are 2 different forms of fiber: soluble and insoluble.
- Persimmons are a high source of fiber, mostly in the form of soluble fiber.
- Soluble fiber has been shown to protect against heart disease.

Summarize the above information: _____

_____

_____

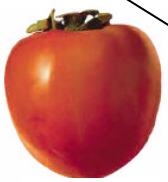
My Goal!
I will eat ___ cups of persimmons or other orange fruit this week.

List 3 adjectives that describe persimmons:

1)_____

2)_____

3)_____



Hachiya

Fuyu

1) How many grams of fiber would be in <u>1/2 of a persimmon</u>? ___3_____g
2) If you ate 1/2 of a persimmon, what percent Daily Value would you get for fiber? ___12_____%
3) What would be the percent of your Daily Value for vitamin A in 1/2 a persimmon? ___27.5_____%
4) What would be the percent of your Daily Value for vitamin C in 1/2 a persimmon? ___10.5_____%
5) If you ate 1/2 a persimmon, which would you get a <u>high</u> amount of ? (Circle one) **Vitamin A**, Vitamin C, or fiber?

Nutrition Facts

Serving Size: 1 medium persimmon (168g)
Calories 118 — Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	

Vitamin A 55% Vitamin C 21% Calcium 1% Iron 1%

Source: **www.nutritiondata.com**

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Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/81.N.6

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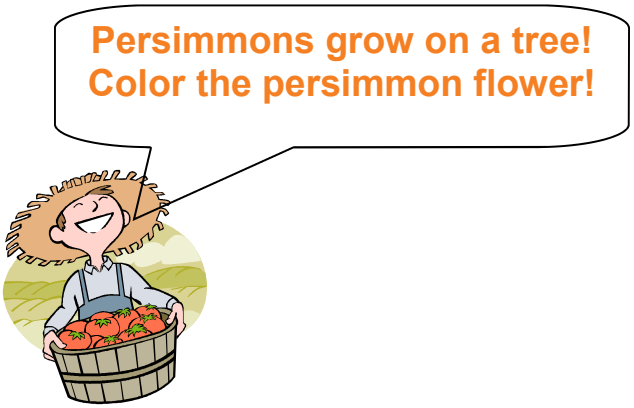

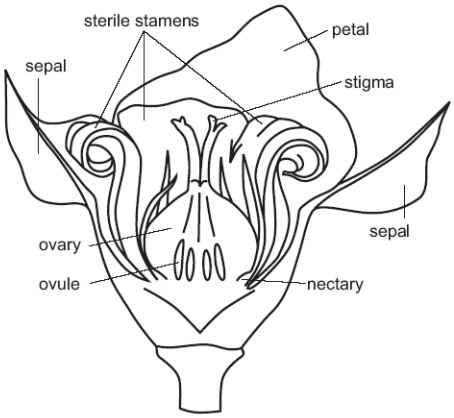

Crack the Nutrition Facts!

Adapted from Montebello USD—Network for a Healthy California

Persimmon

Nutrition Facts

Serving Size: 1 medium persimmon (168g)
Calories 118 — Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	

Vitamin A 55% Vitamin C 21% Calcium 1% Iron 1%

Source: www.nutritiondata.com

Baked Hot Cheese Puffs

Nutrition Facts

Serving Size: About 21 pieces (28g)
Servings per Container: About 4

Amount Per Serving

Calories 130 — Calories from Fat 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	2%
Sugars less than 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 4%

Hot Cheese Puffs

Nutrition Facts

Serving Size: About 21 pieces (28g)
Servings per Container: About 4

Amount Per Serving

Calories 170 — Calories from Fat 100

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

1) Circle what "serving size" is on all 3 labels. What is a "serving" of Hot Cheese Puffs? ~21 pieces or 28g

2) Circle the total fat grams on all 3 labels. Which of the 3 has the most total fat (in one serving)?
Hot Cheese Puffs Which has the least? Persimmon

3) If you were really hungry and you ate one whole bag of "Baked" Hot Cheese Puffs, how many grams of total fat would you be eating? 20g

4) How many total grams of fat in one bag of "Regular" Hot Cheese Puffs? 44g

5) How many grams of total fat are in 1 medium persimmon? 0g

6) Circle the amount of fiber on each label. Based on what you have circled on the Nutrition Facts label, what is the lowest fat choice? persimmon, and the highest fat choice? Hot Cheese Puffs
List two reasons why persimmons would be a healthier choice than cheese puffs

a) _____high fiber_____ b) _____low fat_____

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Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/81.N.6

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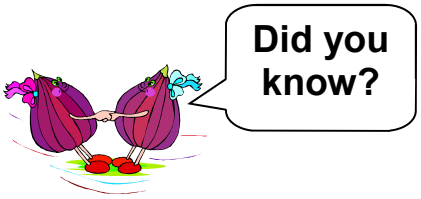
December Dried Fruit



- Dried fruit contains potassium.
- The body needs potassium to maintain muscle contractions and a healthy nervous system.
- California is the world's leader in dried plums, producing about 65 percent of the world's supply.

Summarize the above information:_____

_____

_____

My Goal!
I will eat _____ cups of dried fruit this week.

List 3 adjectives that describe dried fruit:

1)_____

2)_____

3)_____

Raisins

Date

Dried Plum

Dried Fig

Dried plums (prunes), raisins, and dried apricots are dried fruit that contain some iron. Iron is important to make hemoglobin [hē-mə-glō-bən], a substance in red blood cells that carries oxygen to the rest of your body. Iron is a mineral that can be found in soil, air, water, and in the plants and animals we use for food.

1) How much iron would be found in 1/8 cup of raisins? 3%
2) Would 1/8 cup of raisins provide a high, good or low source of iron? low
3) How much iron would be found in 1/2 cup of raisins? 12%
4) Would 1/2 cup of raisins provide a high, good, or low source of iron? good
5) Iron is an important mineral for your body. Your body needs iron to make hemoglobin.

Nutrition Facts

Serving Size: ¼ cup raisins (40g)

Calories 130 — 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 31g	10%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 1g	

Vitamin A <2% Vitamin C <2% Calcium 2% Iron 6%

Source: www.calraisins.org

Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8/1/N.2, 7/81.N.6

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Harvest of the Month
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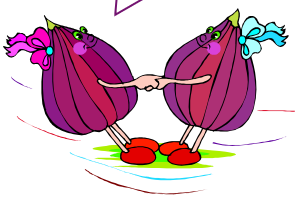
How are raisins made?

Bunches of grapes are hand-picked by field workers. They are placed on trays and allowed to dry for two to four weeks.



Friendly Figs!

Photo source: ebfarm.com

A. Cranberries → Dried Cranberries
B. Grapes → Raisins
C. Plums → Dried Plums or Prunes

A B C

Is There a Difference Between Fruits and Vegetables?

Yes! However, determining whether produce is a fruit or vegetable can be a little tricky at times. Let's learn about the difference between fruits and vegetables by reading the information below.

What is a fruit?

Basically, almost everything that contains seed(s) inside is botanically a fruit! Fruit is the sweet, ripened ovary or ovaries of a seed-bearing/flowering plant. The function of the fruit is to protect the seeds and play a part in their distribution. Animals eat the fruit and then later "distribute" the seeds with accompanying "fertilizer."

What is a vegetable?

Vegetables are the edible product of herbaceous plants and are grouped according to the edible part of each plant: **leaves** (lettuce), **stem** (celery), **roots** (carrot), **tubers** (potato), **bulbs** (onion), and **flowers** (broccoli). *Remember plant germination and reproduction are related to the structure and function of seeds, flowers, and fruits. Some items we call vegetables are actually a fruit, such as a tomato, squash beans and cucumbers.

<u>Directions</u>: Determine which of the following nouns listed below are *botanically* a fruit or vegetable. Write your answer on the lines below.

avocado	___F_____	jicama	_____V_____
kiwi	___F_____	carrot	_____V_____
artichoke	___V_____	cucumber	_____F_____
broccoli	___V_____	papaya	_____F_____
banana	___F_____	orange	_____F_____
tomato	___F_____	asparagus	_____V_____
honeydew	___F_____	squash	_____F_____
grapes	___F_____	beans	_____F_____
brussel sprouts	___V_____	pineapple	_____F_____
cabbage	___V_____	zucchini	_____F_____
celery	___V_____	pumpkin	_____F_____

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January Mandarins

Did you know?

- Mandarins are a high source of vitamin C.
- Mandarins are also a good source of vitamin A.
- Satsumas, Clementines, and Minneola tangelos are the State's top three mandarin varieties.

Summarize the above information:_____

_____

_____

My Goal!
I will eat _____ mandarins or oranges this week.

List 3 adjectives to describe mandarins:

1)_____

2)_____

3)_____

Vitamin C is an antioxidant [an-tē-äk-sə-dənt]. Antioxidants:

- **Help prevent damage to cells**
- **Can promote healthy vision**
- **Keep the immune system healthy**
- **Help your heart stay healthy and help prevent cancer**

1) Flip back to September's worksheet on tomatoes. What is the percent Daily Value of vitamin C found in 1 cup of tomatoes? 38%. Which food has a higher percentage Daily Value of vitamin C per serving? Mandarins or tomatoes? mandarins

2) Which has a higher amount of fiber? Tomatoes 9%

3) I will try to eat more fruits and vegetables because they contain antioxidants. Antioxidants help my body because

any of the reasons from the above bullet points

Nutrition Facts

Serving Size: 1 medium mandarin (88g)

Calories 47 — 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 12g	4%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 1g	

Vitamin A 12% Vitamin C 39% Calcium 3% Iron 1%

Source: www.nutritiondata.com

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Reading Comprehension 2.3, 2.4
Essential Concepts 7/8.1.N.2, 7/81.N.6

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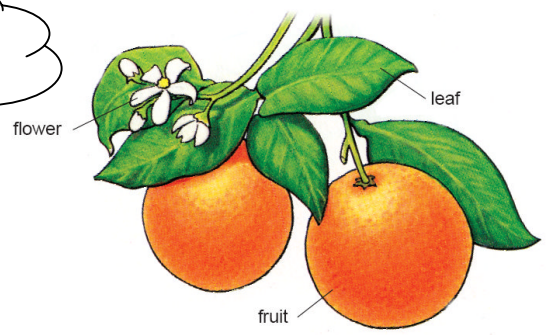

Eat a Rainbow!

Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors and they all contain different nutrients that help your body grow. Make sure you eat a rainbow of colorful fruits and vegetables every day!

Write a paragraph explaining why it is important to eat a variety of colored fruits and vegetables and how you will eat more of them everyday.

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Written and Oral English Language Conventions 1.0
Decision Making 5.5.N.18

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February Cabbage

Did you know?

- Cabbage is a high source of vitamin C and K.
- Vitamin K helps to make proteins that cause your blood to clot. When you have a cut, vitamin K helps stop the bleeding.
- Opening of trade with Asia in the late 19th century brought Chinese cabbage to California.

Summarize the above information:_____

_____

_____

My Goal!
I will eat ____ cups of cabbage or other green vegetables this week.

List 3 adjectives that describe cabbage:

1)_____

2)_____

3)_____

Red (Purple) Cabbage

Savoy Cabbage

Chinese Cabbage

Green Cabbage

Cabbage is a high source of vitamin C. Vitamin C:

- **Helps keep your gums healthy**
- **Helps heal cuts and wounds**
- **Helps fight sickness**

1) Refer to last month's worksheet on mandarins. Vitamin C is an example of an antioxidant.

2) What would the percent Daily Value for vitamin C be if you ate enough cabbage to get 38 calories? 72%

3) What would the percent Daily Value for vitamin A be if you ate enough cabbage to get 38 calories? 28%

4) My body would benefit from eating more fruits and vegetables that contain vitamin C because_____

_____

_____

_____

Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

Calories 19 — Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 1g	

Vitamin A 14% Vitamin C 36% Calcium 2% Iron 2%

Source: **www.nutritiondata.com**

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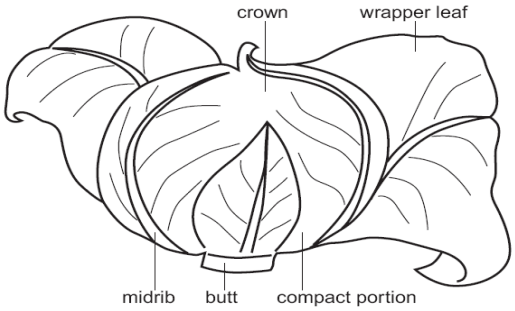
Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8.1.N.2, 7/81.N.6

Harvest of the Month
Network for a Healthy California

Cabbage grow above the ground. Color in the different parts of a cabbage!



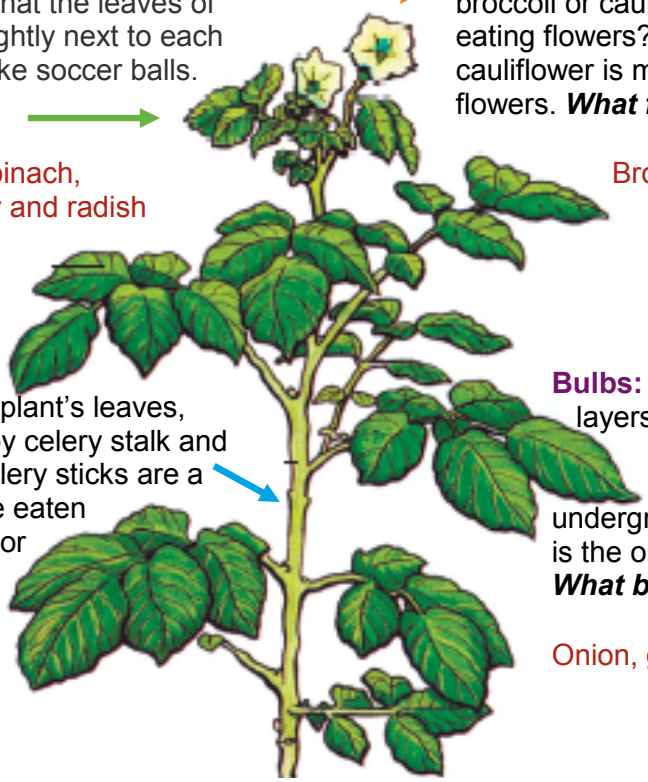
Vegetables are edible plants!

Leaves: Some leaf plants like spinach have loose leaves. But have you ever noticed that the leaves of a cabbage head are packed very tightly next to each other? Cabbage heads are round like soccer balls. ***What leaves do you eat?***

Lettuce, parsley, basil, cabbage, spinach, artichoke leaf, the top part of celery and radish

Flower: Did you know that eating broccoli or cauliflower means that you are eating flowers? The white head of the cauliflower is made up of little white flowers. ***What flowers do you eat?***

Broccoli, cauliflower



Stems & Stalks: They support the plant's leaves, flowers, and fruits. We eat the crispy celery stalk and the stem of the asparagus plan. Celery sticks are a yummy snack, especially if they are eaten with peanut butter, cottage cheese or yogurt! ***What stems and stalks do you eat?***

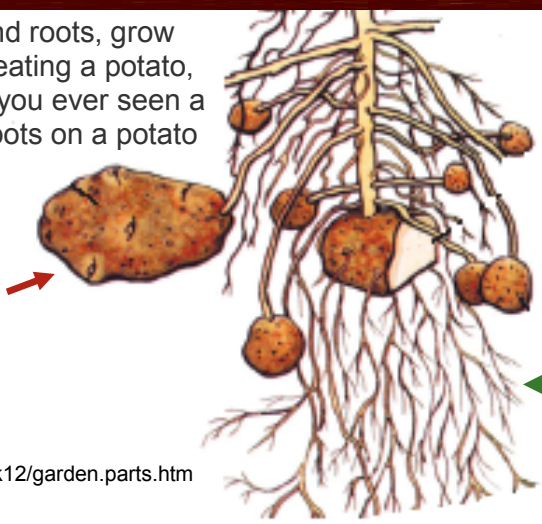
Asparagus, celery, stem of broccoli and cauliflower, leeks, bark of cinnamon, bamboo shoot, green onion (immature bulb)

Bulbs: Bulbs are thin, tightly folded layers of leaves attached to a short stem. The base of these big leaves is big—and it grows underground. The best example of a bulb is the onion and garlic. ***What bulbs do you eat?***

Onion, garlic

Tubers: Tubers, like bulbs and roots, grow underground. When you are eating a potato, you are eating a tuber. Have you ever seen a potato looking at you? The spots on a potato are called eyes. They are underdeveloped buds where new plants can grow from. ***What tubers do you eat?***

Potato



Roots: If you are eating carrots, sweet potatoes, turnips, or beets, you are eating roots! How did this root get so fat? It is because the plant ends up taking in more food than it can use, and so it stores the extra food in its roots. Then these roots get bigger and bigger until we pull them up and eat them! ***What roots do you eat?***

Carrots, sweet potatoes, turnips, beets, radish

Content adapted from: jmu.edu/biology/k12/garden.parts.htm

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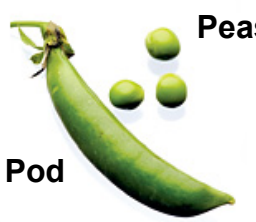
Written and Oral English Language Conventions 1.0
Reading 1.0

Harvest of the Month
Network for a Healthy California

March Peas



Did you know?

- Cooked green peas are a high source of vitamin A.
- A half-cup of cooked green peas have 4 grams of protein.
- Edible-pod peas are a good source of fiber and iron.

Summarize the above information: _____

_____

_____

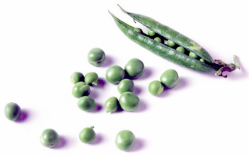
My Goal!
I will eat _____ cups of peas this week.

List 3 adjectives that describe peas:

1)_____

2)_____

3)_____



Peas are an excellent source of vitamin A. Vitamin A helps your eyes see better in low light and helps protect your skin and body tissues from infection.

1) If you ate 1/2 cup of peas, would this give you a high source of fiber? Yes **No**

2) If you ate 1 cup of peas, how much fiber would you get?

_____8___ grams _____36_____% Daily Value

3) Is 1 cup of peas a high or good source of fiber?

high

Nutrition Facts

Serving Size: ½ cup green peas, cooked (80g)

Calories 62 — Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	

Vitamin A 34% Vitamin C 13% Calcium 2% Iron 7%

Source: www.nutritiondata.com

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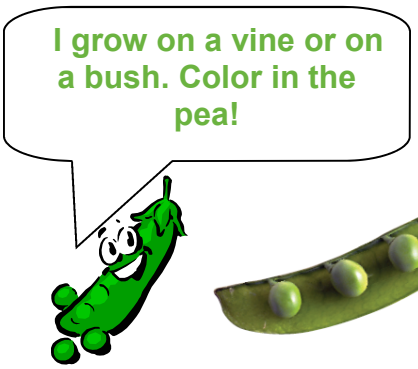
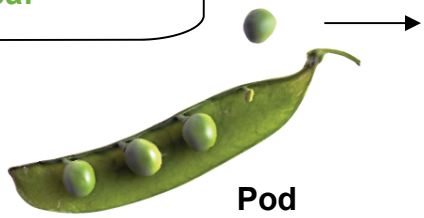
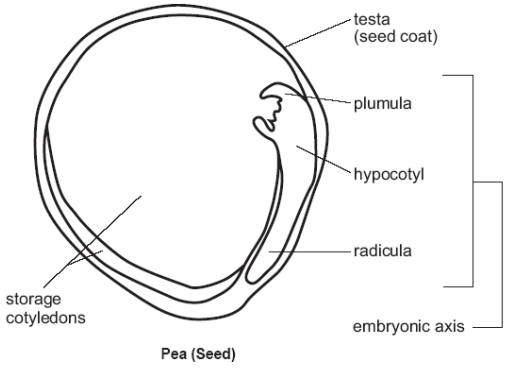
Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8.1.N.2, 7/81.N.6







Home Grown Facts!

Green peas are among the top ten most commonly eaten vegetables (fresh, frozen, or canned) by California children. California leads the nation's production of Chinese peas (an edible-pod variety). Edible pod peas are grown year-round in San Luis Obispo and Santa Barbara counties. Over 5,000 acres are harvested for green and edible-pod peas. Santa Barbara, San Luis Obispo, Monterey and Stanislaus counties produce more than 85 percent of the State's 19,000 tons of peas valued at about $29 million.

1) What type of pea is among the top ten most commonly eaten vegetables by California children? green

2) What state leads the production of Chinese peas? California

3) What counties in California grow edible pod peas year-round?

San Luis Obispo Santa Barbara

4) If California produced 19,000 tons of peas and the combined counties of Santa Barbara, San Luis Obispo, Monterey, and Stanislaus produced 85% of 19,000, then how many tons of peas would those counties produce? 16,150
Show your work:

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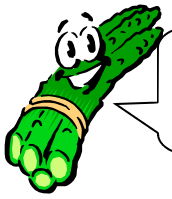
Writing 1.0, Reading Comprehension 2.0

Harvest of the Month
Network for a Healthy California

April
Asparagus



Did you know?

- Asparagus is a high source of vitamin K and folate.
- Asparagus is a good source of vitamin A and vitamin C.
- In proper conditions, asparagus can grow as much as one inch per hour—up to 12 inches in one day.

Summarize the above information:_____

_____

_____

My Goal!
I will eat ____ cups of asparagus or other green vegetables this week.

List 3 adjectives that describe asparagus:

1)_____

2)_____

3)_____

Asparagus is a high source of folate. Sometimes folate is called folic acid. Folate is one of the several types of B vitamins. Each type of B vitamin has a special role in the body. Folate helps:

- **Make new body cells**
- **Form hemoglobin (remember December's lesson?)**
- **Protect against heart disease**

Citrus fruits, dried beans, spinach, broccoli, and avocados are good sources of folate.

1) Explain why eating asparagus can help your body.

any of the reasons from the above bullet points

Nutrition Facts

Serving Size: ½ cup asparagus, cooked (90g)
Calories 20 or about 5 spears Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	

Vitamin A 18% Vitamin C 12% Calcium 2% Iron 5%

Source: **www.nutritiondata.com**

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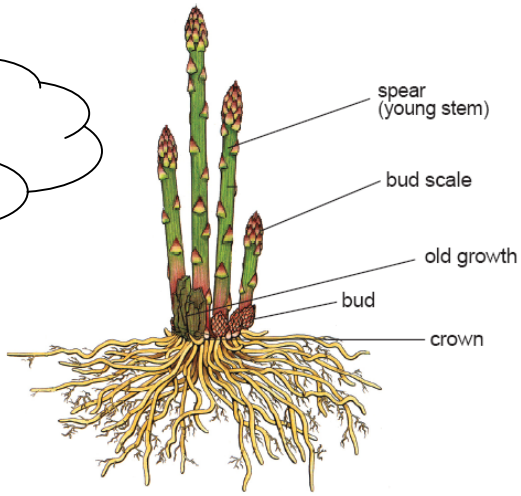
Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8.1.N.2, 7/81.N.6
Essential Concepts 7/81.N.6

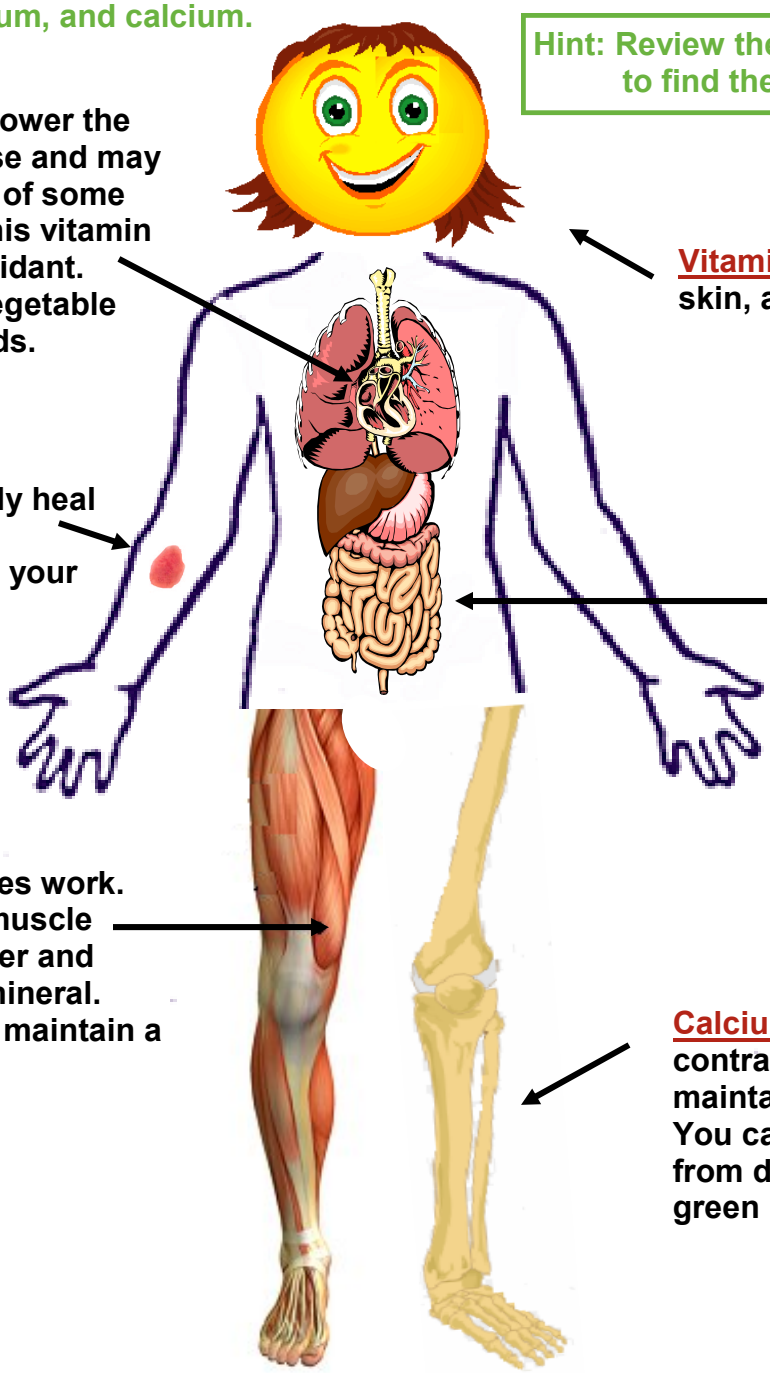
Harvest of the Month
Network for a Healthy California



Directions: Place the following words in the appropriate spaces: vitamin C, vitamin A, fiber, potassium, and calcium.

Hint: Review the previous months to find the answers.

Example: Vitamin E may lower the risk of heart disease and may help lower the risk of some types of cancer. This vitamin works as an antioxidant. Sources include vegetable oils, nuts, and seeds.



Vitamin A keeps my eyes, skin, and hair healthy.

Vitamin C helps the body heal cuts and wounds. This vitamin also helps keep your gums healthy.

Fiber helps move waste through the intestinal tract and prevents constipation.

Potassium helps muscles work. You can avoid getting muscle cramps by drinking water and eating foods with this mineral. This mineral also helps maintain a healthy blood pressure.

Calcium helps with muscle contractions and maintaining strong bones. You can get this mineral from dairy products and green leafy produce.

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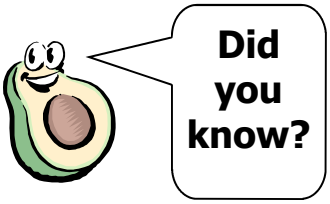
Harvest of the Month
Network for a Healthy California

May Avocados



- Avocados are a source of antioxidants, including vitamin E.
- Avocados are a source of many minerals including potassium, iron, magnesium, and manganese.
- Native to the tropics of Central America, the avocado tree originated in southern Mexico and Columbia around 5,000 B.C.E.

Summarize the above information: _____

_____

_____

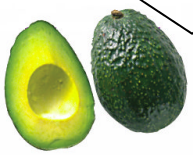
I will eat _____ cups of avocados or other green fruit this week.

List 3 adjectives that describe avocados:

1)_____

2)_____

3)_____



Most of the fat in avocados is considered "healthy". "Healthy" fats are unsaturated fats and they can help your heart. However, not all fats are created equal! The less healthier fats are saturated fat and trans fat. You should eat less of these fats.
A food label tells you how much total fat (healthy and unhealthy) there is. To find out how much of this total fat is "healthy" sometimes you need to do some math.

1) If you know the amount of total fat, saturated fat, and trans fat, can you calculate the amount of unsaturated fat? (Look at the grams (g), not the percent Daily Value)

Total Fat (g) ___5g____
Saturated Fat (g) ___1g____ (subtract)
Trans Fat (g) ___0g____ (subtract)
= ___4g____ Unsaturated Fat (g)

List 2 reasons why avocados can keep your body healthy.

a source of antioxidants and unsaturated fats can help your heart

Nutrition Facts

Serving Size: ¼ cup avocado, sliced (30g)
Calories 50 — Calories from Fat 39

	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	

Vitamin A 1% Vitamin C 4% Calcium 0% Iron 1%

Source: **www.nutritiondata.com**

Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8.1.N.2, 7/81.N.6

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Harvest of the Month
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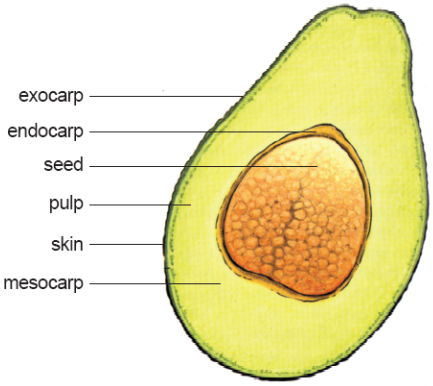

Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non-fat milk, and choosing more whole grains).

Steps to Setting a Goal:

1) **Define your goal.**
2) **Write down the small steps you will take to achieve your goal.**
3) **Set a deadline.**

1) My goal is to _____

_____

2) To achieve this goal, I need to take the following steps:

a) _____

b) _____

c) _____

3) I will achieve my goal by _____

_____

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Writing 1.0, Written and Oral Language Conventions 1.0
Goal Setting 7/86.N.33

Harvest of the Month
Network for a Healthy California

June Peaches

Did you know?

- Peaches are a good source of Vitamin C.
- Peaches are a source of potassium.
- The peach comes from a fruit-bearing tree of the rose family and is native to China.

Summarize the above information: _____

_____

_____

My Goal!
I will eat _____ cups of peaches or orange/yellow fruits this week.

List 3 adjectives that describe peaches:

1)_____

2)_____

3)_____

1) Peaches are a good source of vitamin A and vitamin C.

2) Vitamin C, is also known as an antioxidant. This can help promote heart or vision health, and keep the immune system healthy.
(Hint: look at the mandarin worksheet)

3) List 6 fruits or vegetables that are a good or high source of vitamin C from this workbook.

___tomato_____ ___winter squash___

___persimmon_____ ___mandarin_____

___cabbage_____ ___peas_____

Alternatives: asparagus, peaches

Nutrition Facts

Serving Size: 1 medium peach (150g)

Calories 59 — Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	

Vitamin A 10% Vitamin C 17% Calcium 1% Iron 2%

Source: **www.nutritiondata.com**

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Reading Comprehension 2.3, 2.4, Mathematics 2.0
Essential Concepts 7/8.1.N.2, 7/81.N.6

Harvest of the Month
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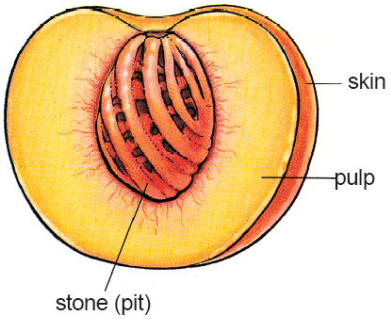

A letter to your parents

Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why it is good for you, and include an example of a nutritious breakfast that you would like to eat.

Date:_____

Dear_____,

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Love,

_____

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Writing 1.0
Interpersonal Communication 7/8.5.N.28

Seasonal Guide to Fruits and Vegetables

It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season.
Keep it safe! You should always rinse your fruits and vegetables before you eat them.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
swiss chard

Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
swiss chard
tomatoes
valencia oranges
watermelon
yellow squash
zucchini

Fall

acorn squash
brussels sprouts
butternut squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
swiss chard
tangerines
tomatoes
turnips

Winter

avocados
brussels sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwifruit
mustard greens
oranges
pears
tangerines
turnips

Year-Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
canned fruits and vegetables
carrots
cauliflower
celery
chili peppers
cucumbers
dried fruit
eggplant
frozen fruits and vegetables
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos
100% fruit juice
100% vegetable juice

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Acknowledgements

This Harvest of the Month workbook was created in collaboration with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd through 6th grade workbooks. We would also like to thank Hawthorne and Montebello Unified School District's *Network for a Healthy California* staff for sharing their lessons, creativity, and passion for nutrition education.

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This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.