



**COOKING**



**for**

**KIDS**

**Fruit and Veggie 101**



# Benefits of Eating Fruits & Vegetables

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may:

- Reduce risk of heart disease
- Protect against certain types of cancers
- Reduce the risk of obesity and type 2 diabetes
- Lower blood pressure

*Variety,  
Variety,  
Variety!*

Minerals

Vitamins

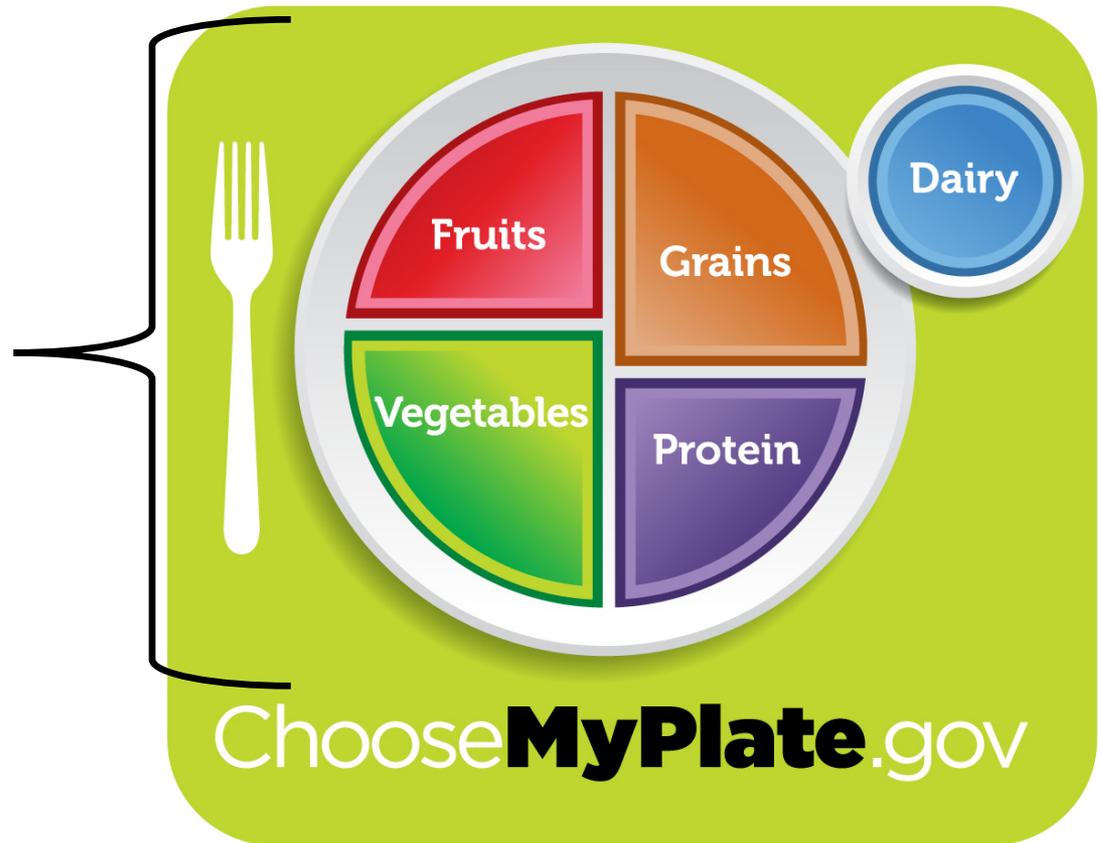
Potassium

Phytonutrients

Fiber



Half of your plate should be fruits and vegetables



# All Forms Count

- **Raw**  
(1 cup leafy greens = ½ cup vegetables)
- **Cooked**
- **Frozen**
- **Canned**  
(Look for items canned in light syrup, water, 100% juice, low-sodium)
- **Dried**  
(1/2 cup dried fruit = 1 cup whole fruit)
- **100% Juice**  
(Whole fruits and vegetables are preferred to juice)



# Does Cooking Method Matter?



## Nutrition Facts

Serving Size 1 potato large 299g (299 g)  
Servings per container 1

### Amount Per Serving

Calories 278      Calories from Fat 3

### % Daily Value\*

Total Fat 0g      1%

Saturated Fat 0g      1%

Trans Fat

Cholesterol 0mg      0%

Sodium 30mg      1%

Total Carbohydrate 63g      21%

Dietary Fiber 7g      26%

Sugars 4g

Protein 7g

Vitamin A 1% • Vitamin C 48%

Calcium 4% • Iron 18%

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

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## Nutrition Facts

Serving Size 10 strips 50g (50 g)  
Servings per container 1

### Amount Per Serving

Calories 167      Calories from Fat 82

### % Daily Value\*

Total Fat 9g      14%

Saturated Fat 3g      15%

Trans Fat

Cholesterol 0mg      0%

Sodium 306mg      13%

Total Carbohydrate 20g      7%

Dietary Fiber 2g      6%

Sugars

Protein 2g

Vitamin A 0% • Vitamin C 5%

Calcium 1% • Iron 5%

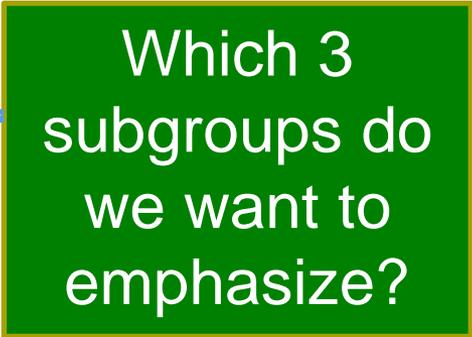
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# Vegetable Subgroups

Vegetables are organized into 5 subgroups based on their nutrient content:

- Dark Green
- Red & Orange
- Dry Beans & Peas
- Starchy Vegetables
- Other Vegetables



Which 3 subgroups do we want to emphasize?

\*New school lunch guidelines require a minimum of ½ cup of each subgroup per week

# Do You Know the Subgroups?



Let's play a game and find out!

Please  
refer to  
**PAGE**  
**10** in  
your  
book

## WHAT COUNTS? VEGETABLE SUBGROUPS

### **DARK-GREEN VEGETABLES**

*All Grades: ½ cup per week*

**BOK CHOY**  
**BROCCOLI**  
**COLLARD GREENS**  
**DARK-GREEN LEAFY LETTUCE**  
**KALE**  
**MESCLUN**  
**MUSTARD GREENS**  
**ROMAINE LETTUCE**  
**SPINACH**  
**TURNIP GREENS**  
**WATERCRESS**

### **RED-ORANGE VEGETABLES**

*Grades K-5 & 6-8: ¾ cup per week*

*Grades 9-12: 1¼ cups per week*

**ACORN SQUASH**  
**BUTTERNUT SQUASH**  
**CARROTS**  
**PUMPKIN**  
**TOMATOES**  
**TOMATO JUICE**  
**TOMATO PASTE\***  
**TOMATO PUREE\***  
**SWEET POTATOES**

### **BEANS & PEAS (LEGUMES)**

*All Grades: ½ cup per week*

**BLACK BEANS**  
**KIDNEY BEANS**  
**LENTILS**  
**NAVY BEANS**  
**PINTO BEANS**  
**SOY BEANS**  
**SPLIT PEAS**  
**WHITE BEANS**  
**BLACK-EYED PEAS (MATURE, DRY)**  
**GARBANZO BEANS (CHICK PEAS)**

### **STARCHY VEGETABLES**

*All Grades: ½ cup per week*

**CORN**  
**CASSAVA**  
**GREEN BANANAS**  
**GREEN PEAS**  
**GREEN LIMA BEANS**  
**PLANTAINS**  
**TARO**  
**WATER CHESTNUTS**  
**WHITE POTATOES**  
**BLACK-EYED PEAS (NOT DRY)**

### **OTHER VEGETABLES**

*All Grades: ½ cup per week*

All other fresh, frozen & canned;  
cooked or raw vegetables including:

**ARTICHOKES**  
**ASPARAGUS**  
**AVOCADO**  
**BEAN SPROUTS**  
**BEETS**  
**BRUSSELS SPROUTS**  
**CABBAGE**  
**CAULIFLOWER**  
**CELERY**  
**CUCUMBERS**  
**EGGPLANT**  
**GREEN BEANS**  
**GREEN PEPPERS**  
**ICEBERG LETTUCE**  
**MUSHROOMS**  
**OKRA**  
**ONIONS**  
**PARSNIPS**  
**TURNIPS**  
**WAX BEANS**  
**ZUCCHINI**

*\*Credited based on volume of whole food equivalency. See the USDA Food Buying Guide for crediting information*

# Vegetable Product Knowledge



# Chef's Rules

- Don't taste the food items until I tell you to.
- Smell the food item and look at its color(s).
- You must taste the food item (unless allergies prevent you from doing so).
- Think about the texture of the food item.
- Try to describe the taste of the food item. Simply saying, "I like it" or "I hate it" is not descriptive enough.



# Iceberg Lettuce



## Nutrition Facts

Serving Size 72 g

Amount Per Serving

Calories 10

Calories from Fat 1

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat

Cholesterol 0mg

0%

Sodium 7mg

0%

Total Carbohydrate 2g

1%

Dietary Fiber 1g

3%

Sugars 1g

Protein 1g

Vitamin A

7%

Vitamin C

3%

Calcium

1%

Iron

2%

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

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# Romaine Lettuce



## Nutrition Facts

Serving Size 47 g

Amount Per Serving

Calories 8

Calories from Fat 1

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat

Cholesterol 0mg

0%

Sodium 4mg

0%

Total Carbohydrate 2g

1%

Dietary Fiber 1g

4%

Sugars 1g

Protein 1g

Vitamin A

82%

• Vitamin C

19%

Calcium

2%

• Iron

3%

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# Red Leaf Lettuce



## Nutrition Facts

Serving Size 17 g

### Amount Per Serving

Calories 3      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat      0%

Trans Fat

Cholesterol      0%

Sodium 4mg      0%

Total Carbohydrate 0g      0%

Dietary Fiber 0g      1%

Sugars 0g

Protein 0g

Vitamin A      25% • Vitamin C      1%

Calcium      1% • Iron      1%

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# Butterhead Lettuce



## Nutrition Facts

Serving Size 55 g

### Amount Per Serving

Calories 7      Calories from Fat 1

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 3mg      0%

Total Carbohydrate 1g      0%

Dietary Fiber 1g      2%

Sugars 1g

Protein 1g

Vitamin A 36% • Vitamin C 3%

Calcium 2% • 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.

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# Kale



## Nutrition Facts

Serving Size 67 g

### Amount Per Serving

Calories 33      Calories from Fat 4

% Daily Value\*

Total Fat 0g      1%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 29mg      1%

Total Carbohydrate 7g      2%

Dietary Fiber 1g      5%

Sugars

Protein 2g

Vitamin A 206% • Vitamin C 134%

Calcium 9% • Iron 6%

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

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# Collards

## Nutrition Facts

Serving Size 190 g

### Amount Per Serving

Calories 49      Calories from Fat 6

% Daily Value\*

Total Fat 1g      1%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 30mg      1%

Total Carbohydrate 9g      3%

Dietary Fiber 5g      21%

Sugars 1g

Protein 4g

Vitamin A 308% • Vitamin C 58%

Calcium 27% • Iron 12%

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

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# Sweet Potatoes



## Nutrition Facts

Serving Size 130 g

Amount Per Serving

Calories 112

Calories from Fat 1

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 72mg

3%

Total Carbohydrate 26g

9%

Dietary Fiber 4g

16%

Sugars 5g

Protein 2g

Vitamin A

369%

• Vitamin C

5%

Calcium

4%

• 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



## Russet Potato

### Nutrition Facts

Serving Size 170 g

#### Amount Per Serving

Calories 134      Calories from Fat 1

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 9mg      0%

Total Carbohydrate 31g      10%

Dietary Fiber 2g      9%

Sugars 1g

Protein 4g

Vitamin A      0% • Vitamin C      16%

Calcium      2% • 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

## Sweet Potato

### Nutrition Facts

Serving Size 130 g

#### Amount Per Serving

Calories 112      Calories from Fat 1

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 72mg      3%

Total Carbohydrate 26g      9%

Dietary Fiber 4g      16%

Sugars 5g

Protein 2g

Vitamin A      369% • Vitamin C      5%

Calcium      4% • 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

# Winter Squash



## Nutrition Facts

Serving Size 205 g

Amount Per Serving

Calories 82

Calories from Fat 2

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat

Cholesterol 0mg

0%

Sodium 8mg

0%

Total Carbohydrate 22g

7%

Dietary Fiber

0%

Sugars 4g

Protein 2g

Vitamin A

457%

• Vitamin C

52%

Calcium

8%

• Iron

7%

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

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# Beets



## Nutrition Facts

Serving Size 136 g

### Amount Per Serving

Calories 58      Calories from Fat 2

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 106mg      4%

Total Carbohydrate 13g      4%

Dietary Fiber 4g      15%

Sugars 9g

Protein 2g

Vitamin A 1% • Vitamin C 11%

Calcium 2% • Iron 6%

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

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# Black Beans



## Nutrition Facts

Serving Size 172 g

### Amount Per Serving

Calories 227      Calories from Fat 8

% Daily Value\*

Total Fat 1g      1%

Saturated Fat 0g      1%

Trans Fat

Cholesterol 0mg      0%

Sodium 2mg      0%

Total Carbohydrate 41g      14%

Dietary Fiber 15g      60%

Sugars

Protein 15g

Vitamin A      0% • Vitamin C      0%

Calcium      5% • Iron      20%

\*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



# Chickpeas



## Nutrition Facts

Serving Size 164 g

### Amount Per Serving

Calories 269      Calories from Fat 36

% Daily Value\*

Total Fat 4g      7%

Saturated Fat 0g      2%

Trans Fat

Cholesterol 0mg      0%

Sodium 11mg      0%

Total Carbohydrate 45g      15%

Dietary Fiber 12g      50%

Sugars 8g

Protein 15g

Vitamin A 1% • Vitamin C 4%

Calcium 8% • Iron 26%

\*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





## Black Beans

<b>Nutrition Facts</b>	
Serving Size 172 g	
Amount Per Serving	
Calories 227	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 15g	60%
Sugars	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 20%

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

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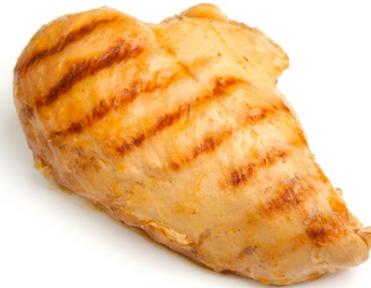


## Chickpeas

<b>Nutrition Facts</b>	
Serving Size 164 g	
Amount Per Serving	
Calories 269	Calories from Fat 36
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 12g	50%
Sugars 8g	
Protein 15g	
Vitamin A 1%	Vitamin C 4%
Calcium 8%	Iron 26%

\*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



## Chicken Breast

<b>Nutrition Facts</b>	
Serving Size 71 g	
Amount Per Serving	
Calories 78	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 41mg	14%
Sodium 46mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 0%	Vitamin C 1%
Calcium 1%	Iron 3%

\*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

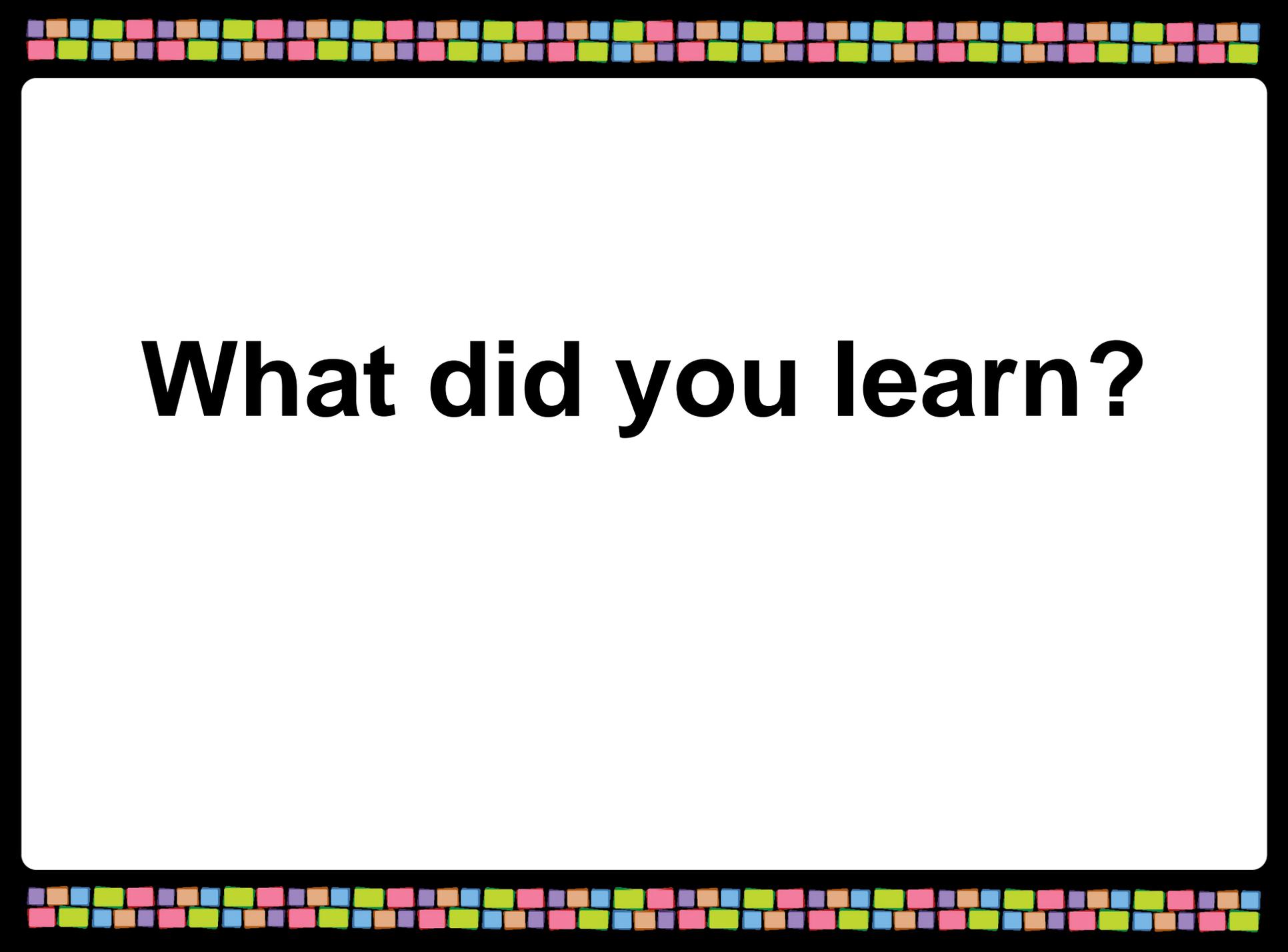


## Sirloin Steak

<b>Nutrition Facts</b>	
Serving Size 271 g	
Amount Per Serving	
Calories 417	Calories from Fat 173
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 6g	29%
Trans Fat	
Cholesterol 144mg	48%
Sodium 146mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 57g	
Vitamin A 0%	Vitamin C 0%
Calcium 7%	Iron 23%

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

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**What did you learn?**