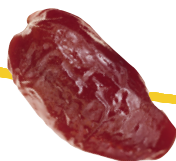




Harvest of the Month

■ 2012—2013 ■



■ 6th Grade Workbook ■

Name _____

I Pledge Allegiance to My Health



This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!

I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!



Introduction

Harvest of the Month is a program that your class will take part in this year. Through participation in 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 cost less and are fresh.

You may have seen a new food picture called *MyPlate*. *MyPlate* is a reminder for people to make healthier food choices. A healthy meal starts with more fruits and vegetables and smaller sizes of protein like meat and grains like rice. Think about how you can change what is on your plate to make it healthier.

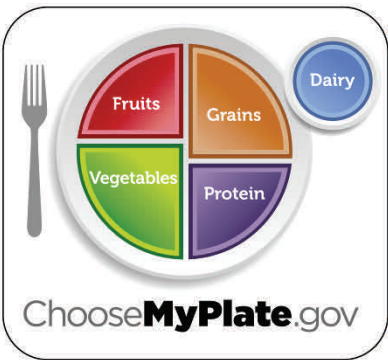


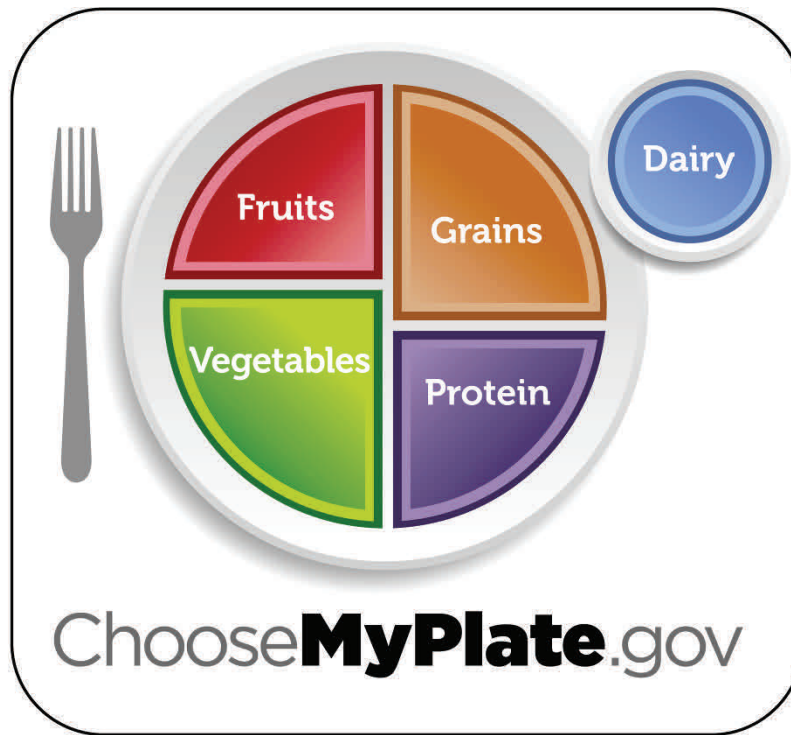
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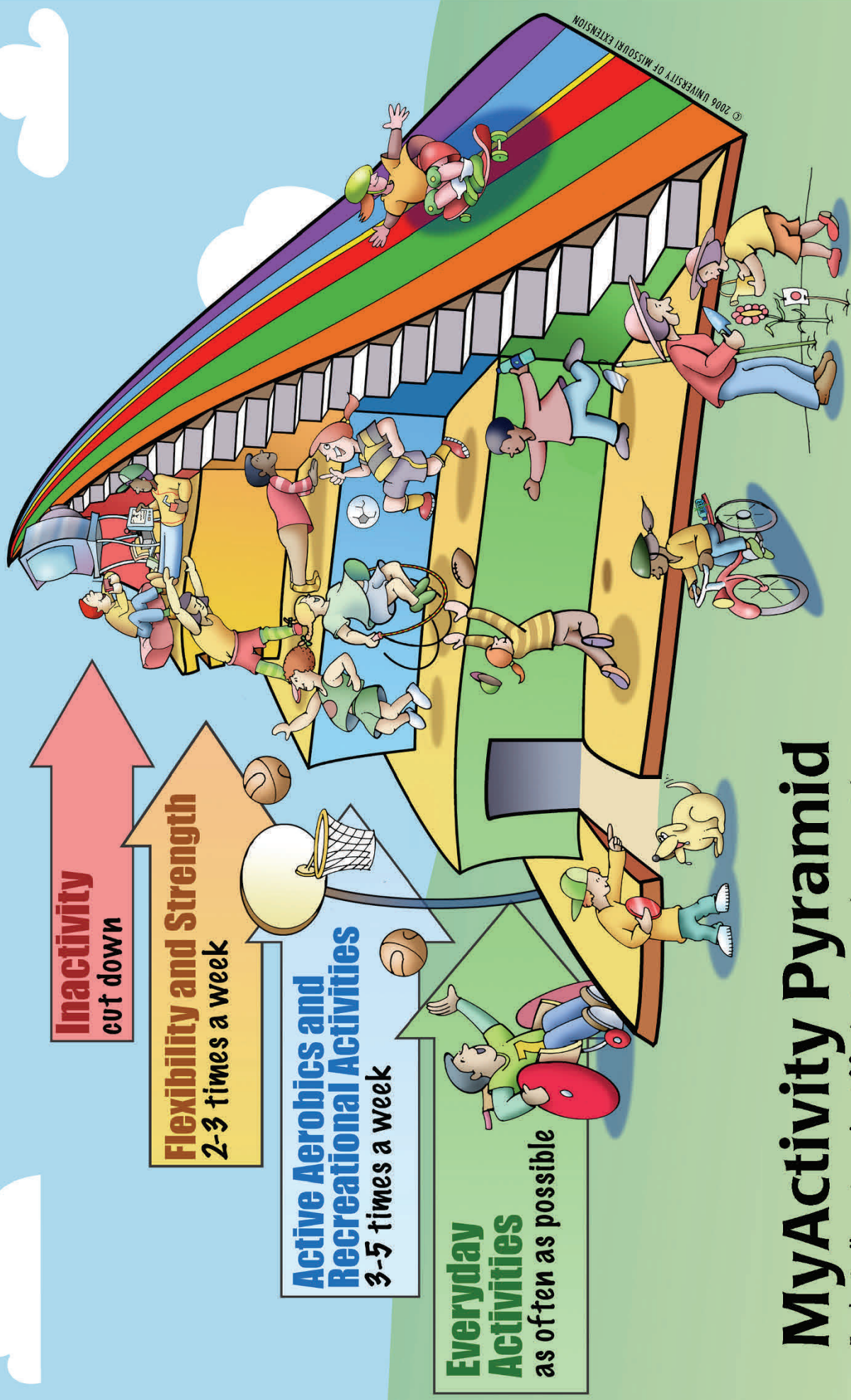
MyPlate

Eat Right. Keep Moving. Have Fun.
ChooseMyPlate.gov



Fruits <i>Focus on fruits.</i>	Vegetables <i>Vary your veggies.</i>	Dairy <i>Get your calcium-rich foods.</i>	Grains <i>Make half your grains whole.</i>	Protein Foods <i>Go lean with protein.</i>
Fruits are nature's treats—sweet and delicious. Go easy on juice and make sure it's 100%. Fill half your plate with fruits and vegetables.	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.	Move to the dairy 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.	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").	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.





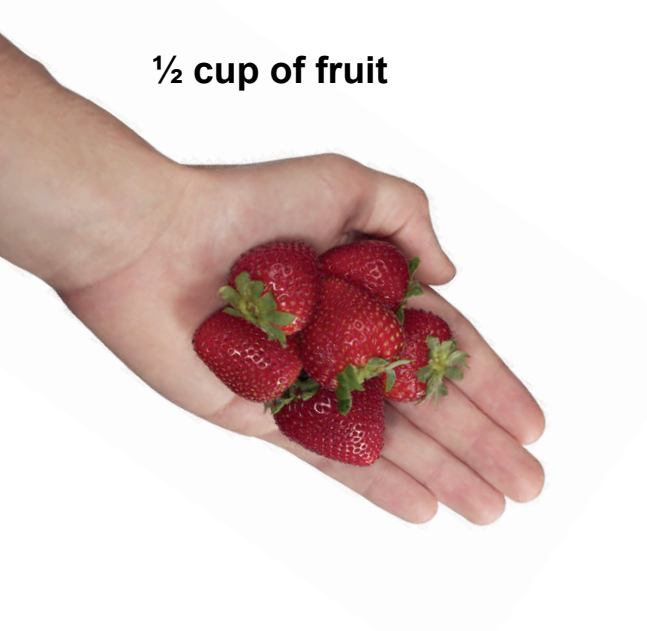
MyActivity Pyramid

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

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 raw leafy greens



1 cup of fruit



½ cup of vegetables



¼ cup of dried fruit



½ cup of vegetables



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
Peppers 					
Apple 					
Pear 					
Mandarin 					
Beets 					
Dried Fruit 					
Salad Greens 					
Broccoli 					
Strawberries 					

September ■ Peppers

RED PEPPER



Nutrition Facts

Serving Size: ½ 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%

Other nutrients: Vitamin B6 (11%), Folate (8%), Vitamin E (6%)



- There are two categories of peppers: hot and sweet.
- A ½ cup of sweet green bell peppers is an excellent source of vitamin C. A ½ cup of sweet red bell peppers is an excellent source of vitamin A.
- By weight, hot peppers contain 357% more vitamin C than an orange.

List six adjectives that describe the way peppers taste, look, or sound. You can use the list of adjectives on page 25 to help you.

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

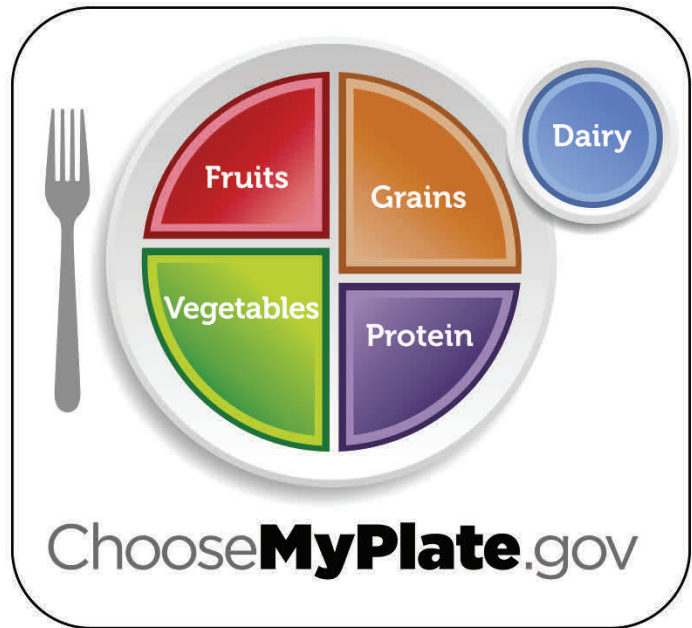
A ½ cup of sweet green bell peppers is a high source of vitamin_____.

A ½ cup of sweet red bell peppers is a high source of vitamin_____.

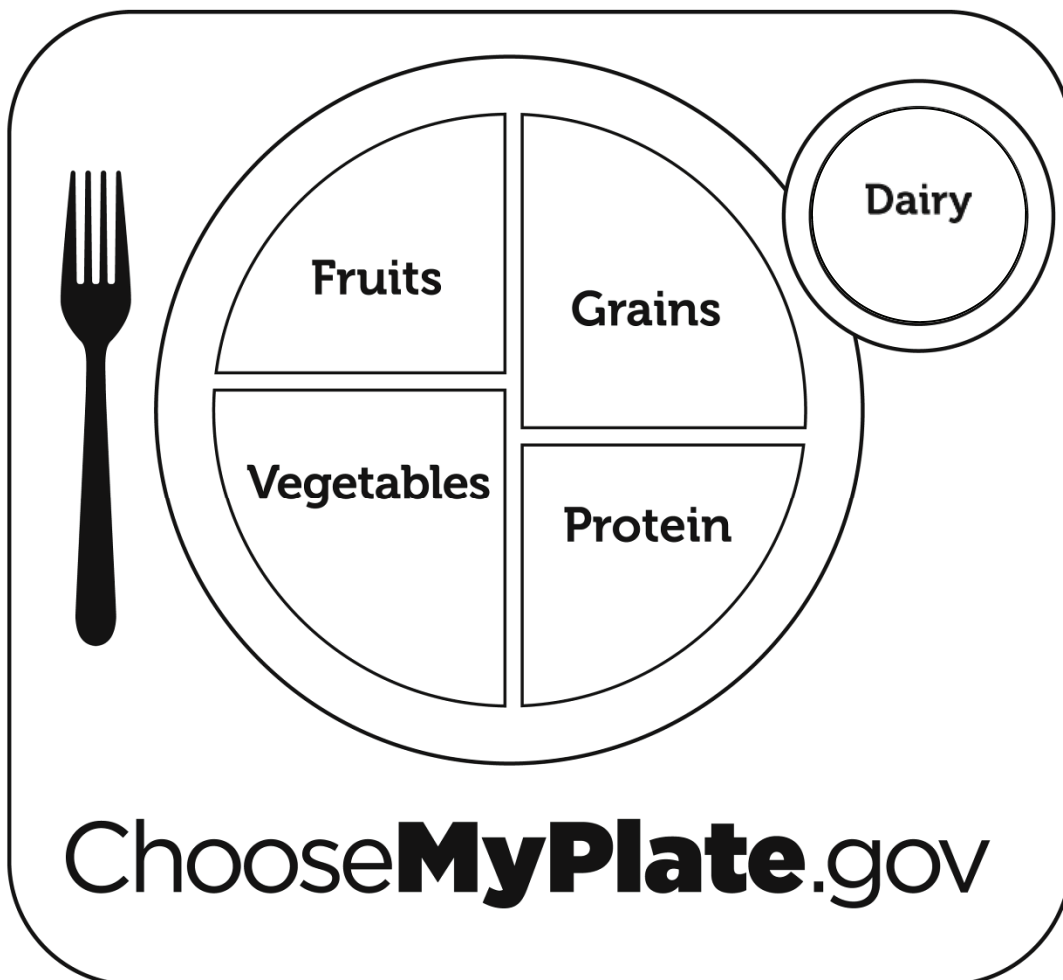
Use the glossary of nutrients on page 26 to define vitamin A.

MyPlate

What is the right portion size?
Use these guides to help you eat
the right amount. When you are
making your meals, imagine your
plate like this...

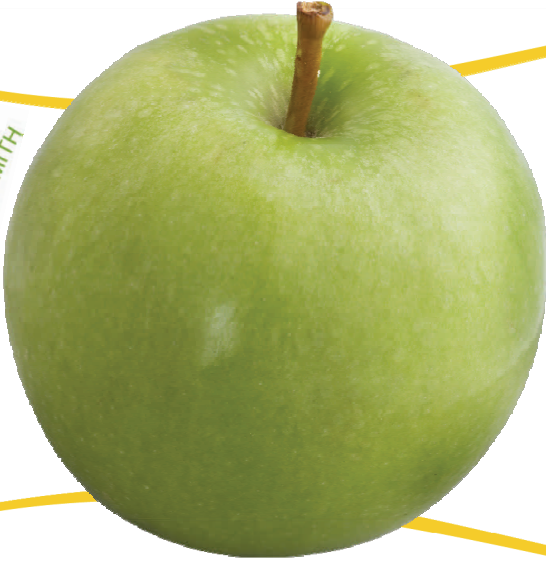


- Using the example above, draw in the foods you would like to eat. Hint: use the foods found in MyPlate on page 24 to help you.



October ■ Apple

GRANNY SMITH



Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)	
Calories 28	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 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 09003	

FUJI



- A ½ half cup of apples is a source of fiber.
- During the American Revolution, John Chapman became “Johnny Appleseed.” He spent almost 50 years of his life planting apple orchards in Illinois, Kentucky, Pennsylvania, and Ohio.
- Apples can be used to replace fat in baked goods. (Replace shortening, oil or butter in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.)

- Write three descriptive sentences that describe the way apples taste, look, or smell. You can use the list of adjectives on page 25 to help you.

CINNAMON BAKED APPLES



- _____
- _____
- _____

THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is an excellent, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and which nutrients are an excellent source or a good source.

9% or less = Low Source

10-19% = Good Source

20% or more = Excellent Source

- A ½ cup of apples is 5% of the Daily Value for fiber. Is a ½ cup of apples a low, good, or excellent source of fiber? _____

Read It Before You Eat It

The Nutrition Facts labels are the best way to know more about the food you are going to eat.

Chocolate Graham Cookies

Nutrition Facts	
Serving Size 24 cookies (30g)	
Servings Per Container 7	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	2%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Chocolate Chip Cookies

Nutrition Facts	
Serving Size 3 cookies (36g)	
Servings Per Container 18	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 1.5g	
Cholesterol 5mg	0%
Sodium 125mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	0%
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

- Based on the Nutrition Facts labels above answer the following questions:

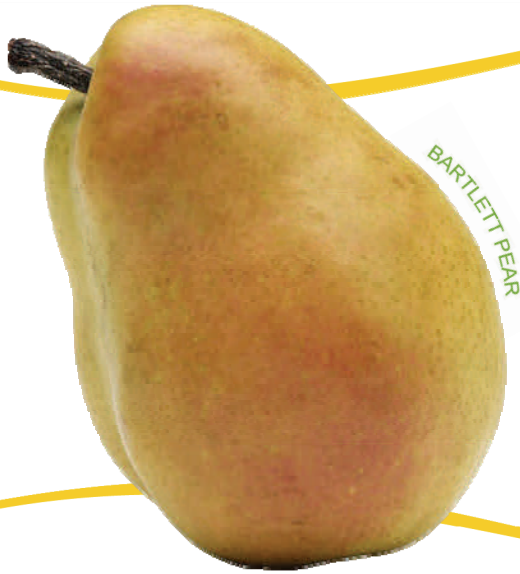
	What is the serving size?	How many grams of fat in one serving?	How many grams of sugar in one serving?
Chocolate Graham Cookies			
Chocolate Chip Cookies			

- Using the information from the table above, which food would be the better choice?

- a) Chocolate graham cookies
- b) Chocolate chip cookies

Adapted from: DHHS/FDA www.spottheblock.com

November ■ Pear



BARTLETT PEAR

Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)	
Calories 41	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 11g	4%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 1%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09252

- A 1/2 cup of sliced pears has fiber and vitamin C.
- There are more than 3,000 varieties of pears worldwide.
- The wood of pear trees is one of the best materials to make woodwind instruments.



RED ANJOU PEAR

- List three adjectives that describe the way pears taste, look, or smell. You can use the list of adjectives on page 25 to help you.

pear salad



- _____
- _____
- _____

- A 1/2 cup of sliced pears has _____ grams of fiber. Use the glossary of nutrients on page 26 to define fiber.

Start Smart with Breakfast



Eating breakfast helps you grow healthy and strong. A nutritious breakfast also fuels your body, giving you the energy needed to start a new day.

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY.



Breakfast may help you:

- Improve your grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

WHAT MAKES A HEALTHY BREAKFAST?

You should have three or more food groups in your breakfast (grains, fruits, vegetables, dairy, or protein). It is also important to include a food from either the dairy group or the protein group in your breakfast.

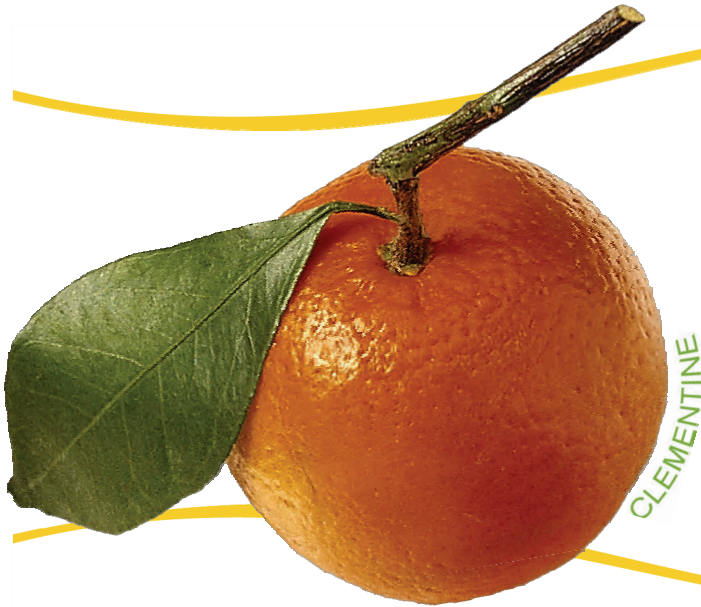
-
- Create three menus of a healthy breakfast. You can look at the list of foods on page 24 for ideas.

BREAKFAST MENU 1

BREAKFAST MENU 2

BREAKFAST MENU 3

January ■ Mandarin



CLEMENTINE

Nutrition Facts	
Serving Size: ½ cup tangerine, sections (98g)	
Calories 52	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 13g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 1g	
Vitamin A 13%	Calcium 4%
Vitamin C 43%	Iron 1%

Other nutrients: Potassium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09218

- A 1/2 cup of tangerine sections is an excellent source of vitamin C and a good source of vitamin A.
- There is no waste in the processing of citrus fruits. The juice is used for vinegars and syrups, and the peel and seeds are used to make oils.
- The name “tangerine” is used to refer to a variety of mandarins with deep, orange-red color.



MINNEOLA TANGELO

- **List three adjectives that describe the way mandarins taste, look, or feel. You can use the list of adjectives on page 25 to help you.**

FRUIT CUP WITH YOGURT



- _____
- _____
- _____

- **Like many citrus fruits, mandarins are high in vitamin C. What other citrus fruits can you name?**



kumquat



pomelo



tangerine



oroblanco

Health Benefits of Physical Activity



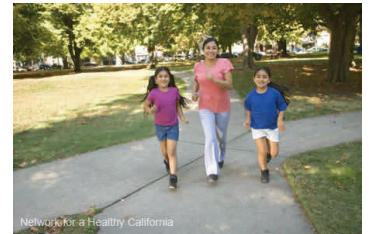
Physical activity can bring you many health benefits. It is good to be physically active on a regular basis. Physical activity can make you look and feel great and give you more energy. You may feel more relaxed and be less stressed if you are physically active.

Also, you can get to and keep a healthy body weight if you are physically active every day. Being physically active will also help your body because it lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer. When you are physically active, you are helping to build and keep healthy bones, muscles, and joints.

What is Aerobic and Anaerobic Activity?

The heart works better when it is strong. Because the heart is a muscle, it can be made stronger with regular physical activity or exercise. There are two types of exercise: *aerobic* and *anaerobic*.

- **Aerobic activities** use the arm and leg muscles and give the heart (and lungs) a nonstop workout.
- **Anaerobic activities** build and tone muscles but are not as beneficial to the heart and lungs as aerobic activities.
- **Below are different types of physical activities and exercise. Decide if each activity is either aerobic or anaerobic and write it in the space below.**



arm circles
curl-ups
hula hooping
shoveling dirt
tennis

baseball
dancing
jogging
skating
vacuuming

bicycling
doing laundry
jumping rope
sprinting
washing windows

brisk walking
dusting
leg lifts
swimming
weightlifting

Aerobic Activities

Anaerobic Activities

Adapted from: Network for a Healthy California and American Heart Association

February ■ Beets



Nutrition Facts

Serving Size: ½ cup cooked beet greens
(72g)

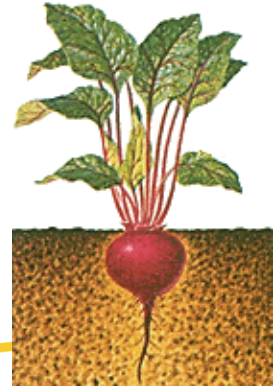
Calories 19

Calories from Fat 1

% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 174mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 110%	Calcium 8%
Vitamin C 30%	Iron 8%

Other nutrients: Vitamin K (436%), Potassium (19%), Magnesium (12%), Riboflavin (12%), Thiamin (5%)



- Beets are a root vegetable that grow underground.
- The green leaves of beets have been eaten before written history. The leaves are a source of calcium and iron.
- Beet juice and beet powder are used as a natural food coloring and to dye make-up and clothes.

List six adjectives to describe the way beets taste, feel, or look.

■ _____	■ _____
■ _____	■ _____
■ _____	■ _____



A ½ cup of beet leaves have 8% Daily Value for calcium.

Use the glossary of nutrients on page 26 to write the definition of calcium.



Small Steps Make a Big Difference



IF YOU WORK ON YOUR SMALL STEPS OVER TIME, YOU WILL BEGIN TO SEE BIG CHANGES!

Choose one week when you will work on reaching a nutrition or physical activity goal. For instance, you might decide you want to learn to skateboard. Or, you might decide you want to run faster and longer than you do now.

You may have already practiced breaking a goal into smaller steps. If you work on your goal for a week, you can take one small step each day toward your goal. At the end of the week, five small steps equals once great big healthy goal, and a healthier YOU!



■ My nutrition or physical activity goal is:

(Example: I want to learn how to cook my family's favorite meal: vegetable enchiladas.
Or, I want to jump rope 100 times in a row.)



■ My week of small steps

I will plan to take five small steps to reach my food or physical activity goal by the end of the week. I will take one small step a day until I reach my goal. Look on page 3 to get ideas from the MyActivity Pyramid.



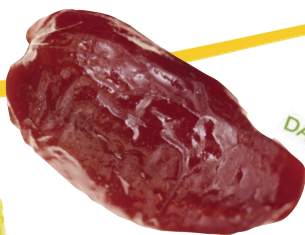
EXAMPLE	MON. Small Step #1	TUES. Small Step #2	WED. Small Step #3	THUR. Small Step #4	FRI. Small Step #5
On Monday, I will: Find a recipe for vegetable enchiladas.	On Monday, I will:	On Tuesday, I will:	On Wednesday, I will:	On Thursday, I will:	On Friday, I will:
On Monday, what I did: I walked to the school library and checked out a cookbook that had a recipe for vegetable enchiladas	On Monday, what I did:	On Tuesday, what I did:	On Wednesday, what I did:	On Thursday, what I did:	On Friday, what I did:

March ■ Dried Fruit

GOLDEN RAISINS



DATE



DRIED PLUM



Nutrition Facts

Serving Size: ¼ cup raisins (41g)	
Calories 123	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	6%
Sugars 24g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 2%	Iron 4%
Other nutrients: Potassium (9%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 09298	

PRUNES



- A ¼ cup of raisins are a source of potassium and fiber.
- California is the world's leader of dried plums, making about 65 percent of the world's supply and almost 99 percent of the nation's supply.
- In the 14th century, Roman doctors gave raisins to cure mushroom poisoning and old age.

- Write three descriptive sentences that describe the way dried fruit tastes, looks, or feels. You can use the list of adjectives on page 25 to help you.



- _____
- _____
- _____

- A ¼ cup of raisins have _____ % Daily Value (DV) for potassium. Use the glossary of nutrients on page 26 to define potassium.



Water is the Way to Go

It is important that children drink water daily for good health. If your body doesn't have water, it can stop working properly. This may be surprising, but there is no magic number of cups of water that kids need to drink every day.

There are times when you will need to drink more water than you normally do. When it's sunny and warm, keep a water bottle on your desk. If you're going to play a sport or be physically active, you will need to drink water before, during, and after playing. It is necessary to replace the water that leaves your body in the form of sweat. You can't play your best when you're thirsty!

When your body doesn't have enough water, you can become dehydrated. Dehydration can keep you from being as fast and as sharp as you would like to be. Dehydration can even make you feel sick.

Water is the best drink for active kids your age. Water doesn't have calories or artificial sweeteners and you don't need the extra electrolytes and minerals that sports drinks have.

By drinking enough water, your body will be able to do all of its wonderful jobs and you'll feel great!



Adapted from: UC Berkeley Center for Weight & Health FAQ's about Sports Drinks and kidshealth.org

- **In your own words, explain why it is important to drink water, especially when you are playing sports or being physically active.**



April ■ Salad Greens



Nutrition Facts

Serving Size: ½ cup kale (34g)

Calories 17

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Sugars 1g

Protein 1g

Vitamin A 177% Calcium 5%

Vitamin C 44% Iron 3%

Other nutrients: Vitamin K (664%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11233



- A ½ cup of kale is an excellent source of vitamin A, vitamin C and vitamin K.
- Salad greens that are darker in color have more nutrients.
- Lettuce was one of the first vegetables brought to the New World by Christopher Columbus, probably on his second voyage.

- Write three descriptive sentences that describe the way salad greens taste, look, or feel. You can use the list of adjectives on page 25 to help you.



- _____
- _____
- _____

- A ½ cup of kale is an excellent source of vitamin K. Use the glossary of nutrients on page 26 to define vitamin K.

Media and Your Health

WHAT IS MEDIA?

Media is a way of communicating or expressing information or ideas to people. Examples of media are: newspapers, radio, books, letters, recorded music, the Internet, television, and telephone calls. All media have a purpose, or a reason why they are created.

- **TO ENTERTAIN** (for example, comic books or movies)
- **TO INFORM** (for example, TV news or radio news)
- **TO PERSUADE** (for example, magazine ads, billboards, and TV ads)

Adapted from: National Institutes of Health, *MediaSmart Youth Curriculum*

**YOUTH SEE AND HEAR
AN AVERAGE OF
40,000 ADS A YEAR**



Media is all around our world. We are bombarded with all kinds of media messages, or advertisements every day. Understanding media and advertising is an important part of becoming media smart.

Let's talk more about one of the media purposes mentioned above: to persuade. A main purpose of advertising is to persuade people to buy something—a lot of times it is for candy, sugary cereal, soda, and fast food. If we were always persuaded to buy those foods, we would definitely be eating a lot of food that is high in fat and sugar.



Companies use several techniques to catch our attention so we will buy their product. One example is using a celebrity or athlete to promote their product. Keep in mind, just because a celebrity or athlete says you should buy their product-it doesn't mean it is good for you!

DON'T BE PERSUADED, BE MEDIA SMART!

Think about a TV commercial, radio commercial, magazine ad, billboard or Internet pop-up ad that used a celebrity or athlete to advertise a food or drink and answer the following questions:

- Briefly describe the advertisement you saw _____

- What type of food or drink was the advertisement for? _____
- What did you like about the ad? Why was it appealing to you? _____

- Do you think seeing the advertisement made you want to eat the food or drink? _____
- Do you think the food or drink is nutritious? _____
Why or why not? _____

May ■ Broccoli



Nutrition Facts

Serving Size: ½ cup chopped broccoli, raw (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%
Other nutrients: Vitamin K (56%), Folate (7%)	
Source: www.nal.usda.gov/fnic/foodcomp/search/	
NDB No: 11090	

- A ½ cup of chopped broccoli is an excellent source of vitamin K and vitamin C.
- Broccoli is rich in vitamins and minerals and is also known as the “Crown Jewel of Nutrition.”
- Thomas Jefferson liked gardening and he grew broccoli at his home in Virginia before he became the third U.S. President in 1801.



- Write three descriptive sentences that describe the way broccoli tastes, looks, or smells. You can use the list of adjectives on page 25 to help you.



- _____
- _____
- _____

- A ½ cup of chopped broccoli has _____ % Daily Value (DV) for folate. Use the glossary of nutrients on page 26 to define folate.

Show Me the Sugar!



SUGAR CAN BE IN FOOD AND DRINKS IN TWO WAYS:

1. Naturally in fruit and dairy products, which is ok!
2. Added to the food or drink. Try to avoid eating and drinking foods that have added sugar.

SUGAR HAS MANY DISGUISES!

Here are some common words for sugar in the ingredient list:

Barley malt	Brown sugar	Cane juice	Cane syrup
Dextrose	Fructose	Glucose	High fructose corn syrup
Honey	Maltodextrin	Maple syrup	Molasses
Powdered sugar	Raw sugar	Sucrose	



Nutrition Facts	
Serving Size: 1 bar	
Calories 150	
	% Daily Value
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 30g	
Dietary Fiber 2g	9%
Sugars 12g	
Protein 3g	

INGREDIENTS:

Oat bran, rice, corn syrup, sugar, fructose, whole grain rolled oats, dextrose, oat and fruit clusters (toasted oats [rolled oats, sugar, soybean oil, honey, molasses], sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors), high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, sorbitol, glycerin, malt flavoring, natural and artificial flavor, salt, soy lecithin, niacinamide, nonfat dry milk, whole wheat flour, BHT, vitamin A, B₆, riboflavin, thiamin mononitrate, folic acid, vitamin B₁₂.

Adapted from: BANPAC (Bay Area Nutrition & Physical Activity Collaborative)

- In the space below, write all the different forms of sugar you found in the ingredient list of the “Healthy Heart” bars.

EATING TOO MUCH SUGAR CAN LEAD TO:

- Dental cavities
- Weight gain and obesity, which can lead to heart disease, diabetes and some types of cancer.

4 grams of sugar = 1 teaspoon of sugar



A student your age who is moderately active should not have more than 8 teaspoons of added sugar each day.

Source: 2010 Dietary Guidelines for Americans

June ■ Strawberries

STRAWBERRY



Nutrition Facts

Serving Size: ½ cup strawberries (72g)	
Calories 23	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 6g	2%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 71%	Iron 2%

- A ½ cup of strawberries is an excellent source of vitamin C and rich in phytochemicals.
- Strawberries are the most popular berry in the United States.
- Native Americans, settlers, and animals all took part in bringing berries from Washington and Oregon down to California.

■ Write three descriptive sentences that describe the way berries taste, look, or feel. You can use the list of adjectives on page 25 to help you.

STRAWBERRY PANCAKES



- _____
- _____
- _____

■ Berries contain phytochemicals. Use the glossary of nutrients on page 26 to define phytochemicals.

Fruit and Vegetable Myths BUSTED

Sometimes you might hear things about food that may or may not be true. It is important that you know the facts so you can make healthy choices about the food you eat.

MYTH #1

Fresh fruits and vegetables are healthier than frozen or canned.

FACT

Research shows frozen and canned fruits and vegetables are as nutritious as fresh fruits and vegetables. In fact, since lycopene (a phytochemical) is more easily absorbed in the body after it has been processed, canned tomatoes, corn and carrots are sometimes better nutritional choices.



MYTH #2

Eating carbohydrates causes weight gain.

FACT

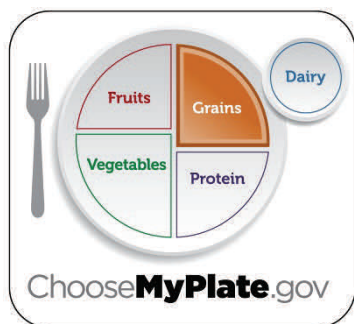
Too many calories no matter what the source, carbohydrates, protein, and fat causes weight gain. A diet high in carbohydrates does not mean your body will turn it into fat (if its not high in calories). Grains, fruits, vegetables and most dairy products have carbohydrates. Your body needs carbohydrates for energy and for your brain and body to work the right way.

Adapted from: American Dietetic Association

■ Answer the following questions by circling true or false.

1. T F I should only eat fresh fruits and vegetables.
2. T F Frozen vegetables are a healthy choice.
3. T F Eating carbohydrates will make me gain weight.
4. T F My body needs carbohydrates to be healthy.
5. T F A good way to lose weight is cutting out foods from the grains group.

Foods Found in MyPlate

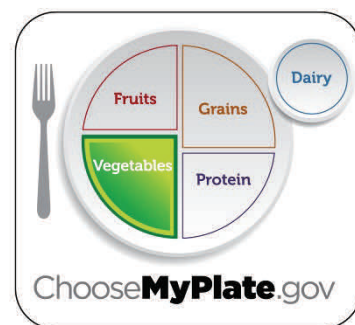


Brown rice
Buckwheat
Oatmeal
Popcorn
Whole grain barley
Whole grain cornmeal
Whole rye
Whole wheat cereal
Whole wheat tortillas
Ready to eat breakfast cereal

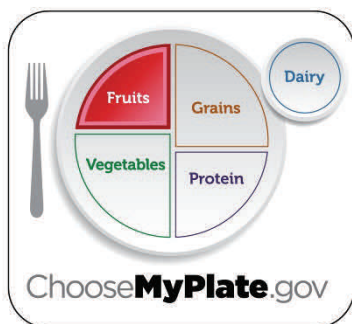
Cornbread
Corn tortillas
Couscous
Crackers
Flour tortillas
Grits
Noodles
Spaghetti
Macaroni
Pitas
Pretzels
Corn flakes
Wild rice
White rice
Whole wheat bread
Whole wheat crackers
Whole wheat pasta

Corn
Green peas
Potatoes
Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Bell peppers
Mushrooms
Okra
Onions
Zucchini
Turnips
Tomatoes
Tomato juice
Vegetable juice
Black beans*
Black-eyed peas*
Garbanzo beans
(chickpeas)*
Kidney beans*

*beans and peas can also go in the protein group

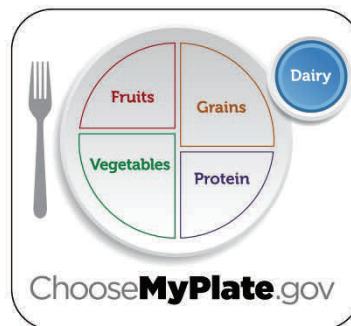


Bok choy
Broccoli
Collard greens
Dark green leafy lettuce
Kale
Mustard greens
Lettuce
Spinach
Turnip greens
Squash
Carrots
Pumpkin
Sweet potatoes
Pinto beans*
Soy beans*
Split peas*
Tofu

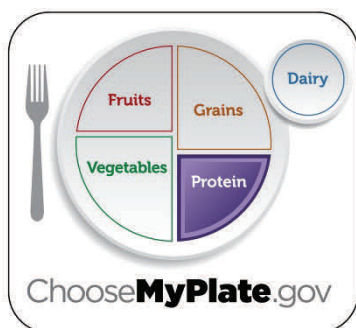


Apples
Apricots
Avocado
Bananas
Strawberries
Blueberries
Raspberries
Cherries
Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangos
Cantaloupe
Honeydew
Watermelon
Oranges
Peaches
Pears

Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines
100% orange juice
100% apple juice
100% grape juice
100% grapefruit juice



Lowfat Milk
Lowfat Yogurt
Cheddar cheese
Mozzarella cheese
Swiss cheese
American cheese
Parmesan cheese
Cottage cheese
Lowfat ice cream

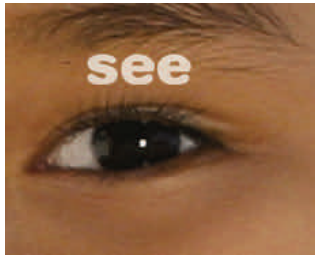


Chicken
Turkey
Beef
Eggs
Ham
Lamb
Pork
Fish
Veggie burger

Tempeh
Peanut Butter
Almonds
Cashews
Peanuts
Sunflower seeds
Pistachios
Sesame seeds
Pecans
Walnuts
Beans and peas
(see vegetables)

Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



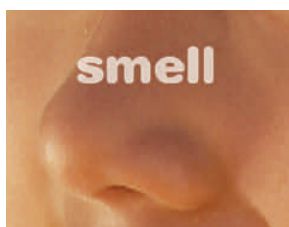
Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round



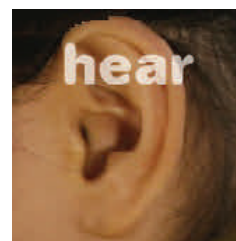
Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing



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.
- FOLATE** This B vitamin helps lower a women's risk of having a child with certain birth defects.
- IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.
- MAGNESIUM** This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.
- 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.
- POTASSIUM** This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.
- 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.
- RIBOFLAVIN** This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.
- THIAMIN** The B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.
- 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.
- VITAMIN K** This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.
- 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.
- ZINC** This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

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