

Teacher Guide:

VEGETABLE GROUP

Key Messages

- Eat fresh, frozen, or canned vegetables.
- Vary your vegetable choices. Different vegetables are rich in different nutrients.
- Eat about 2 1/2 cups (4 1/2 servings) of vegetables every day.
- Most vegetables are a good source of fiber.

Objectives

Participants learn:

- recommended servings of vegetables an individual should eat each day.
- foods found in the vegetable group (ex. dark leafy, dried beans, starch vegetables).
- vegetables as good sources of fiber.
- vegetables bought in-season can be cheaper.

Suggested teaching materials:

- Plastic food models or pictures of vegetables.
- Measuring tools – measuring cup
- Vegetable Group handout

ACTIVITIES

1. **Practice planning meals** for a day/week to include the recommended number of vegetable servings.
2. Have the client spend time thinking of new vegetable choices or healthier ways of preparing vegetables already in their diet.

Buy Fresh Vegetables in Season

To save money when buying vegetables:

- Select vegetables from local farmers' markets or stands
- Buy fresh vegetables in season
- Compare the cost of canned and frozen vegetables. Canned are usually cheaper.
- Store vegetables properly to avoid waste

| Winter | Spring | Summer | Fall |
|---------------|---------------|---------------|------------------|
| Carrots | Asparagus | Broccoli | Broccoli |
| Cauliflower | Cabbage | Carrots | Brussels sprouts |
| Mushrooms | Carrots | Corn | Cabbage |
| Peas | Lettuce | Greens | Carrots |
| Potato | Mushrooms | Green Beans | Cauliflower |
| Winter Squash | Peas | Lettuce | Eggplant |
| | Potato | Potato | Potato |
| | Summer squash | Summer squash | Winter squash |
| | Tomato | | |

Daily Menu of Vegetables

MyPyramid suggests you have 2 1/2 cups of vegetables each day. Using this chart, plan a daily menu and choose a variety of vegetables from this food group each day.

| Breakfast | Morning Snack | Lunch | Afternoon Snack | Dinner | Evening Snack |
|-----------|---------------|-------|-----------------|--------|---------------|
| | | | | | |

A 1/2 cup serving of vegetables is equal to: 1/2 cup of cooked or chopped raw vegetables, 1 cup of leafy raw vegetables, such as lettuce or spinach, 1/2 cup vegetable juice, 1/2 medium potato, 1/2 cup of beans, 1 small ear of corn (6-inches long)



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