

Beets

- 1. What is riboflavin? How does it work in our bodies? What happens when you get too much riboflavin? Too little? Make a list of good and excellent sources of riboflavin. From that list, make a plan for how you will get your daily recommended amount of riboflavin.**

Primary-level response:

Riboflavin is a B vitamin that is important for body growth and maintaining healthy skin, hair, and nails. Riboflavin is not stored in the body so it must be replenished everyday through eating a variety of food. When you get too much riboflavin, your body passes the excess amount in your urine. When you get too little riboflavin, you may get mouth sores, sore throat, and skin disorders.

Sources of riboflavin: Lean meat, milk, eggs, cheese, cereals, green leafy vegetables

Secondary-level response:

Riboflavin is a B vitamin that is important in aiding metabolism to produce energy, supporting the immune system, and maintaining healthy growth, repair, and development of body tissue. Riboflavin is not stored in the body so it must be replenished everyday through eating a variety of food. When you get too much riboflavin, your body passes the excess amount in your urine. When you get too little riboflavin, you may get mouth sores, sore throat, and skin disorders.

Sources of riboflavin: Lean meat, milk, eggs, cheese, cereals, green leafy vegetables

- 2. A ½ cup of cooked or raw beets is a good source of folate. Describe what folate does for our bodies. Why do we need to get folate from the foods we eat? Make a list of foods that provide an excellent source of folate. Set goals for how you can include folate in your meals.**

Primary-level response:

Folate belongs to the B vitamin family which generally helps convert food to energy and promotes healthy skin and brain function. More specifically, folate helps protect against birth defects, cancer, and heart disease.

Excellent sources of folate: Lean meat, legumes, leafy greens, asparagus

Secondary-level response:

Folate belongs to the B vitamin family which generally helps convert food to energy and promotes healthy skin and brain function. More specifically, folate helps produce and maintain new cells, which is important during times of rapid cell division and growth (e.g. pregnancy). Adequate folate intake helps protect against birth defects such as spina bifida. The terms folate and folic acid are often used interchangeably, however, these two are not one in the same. Folate is found naturally in foods such as fruits and vegetables. Folic acid is a synthetic form of folate used in vitamin supplements and fortified foods.

Excellent sources of folate: Lean meat, legumes, leafy greens, asparagus

- 3. Which parts of the beet plant are edible (root, stem, seed, fruit, leaf)? Draw a picture of a beet plant and label the edible parts. Make a list of other fruits and vegetables that have more than one edible part.**

Primary-level response:

Parts of the beet plant that are edible: Root, stem/leaves

Other fruits and vegetables that have more than one edible part: squash, broccoli, turnips, onions

Secondary-level response:

Parts of the beet plant that are edible: Root, stem/leaves

Other fruits and vegetables that have more than one edible part: squash, broccoli, turnips, onions

For information, visit:

www.cfaitc.org/wegarden/pdf/EatYourPlants.pdf

www.nal.usda.gov/fnic/foodcomp/search/

<http://ods.od.nih.gov/factsheets/folate.asp>

<http://www.nlm.nih.gov/medlineplus>

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