

# Harvest of the Month



Network for a Healthy California



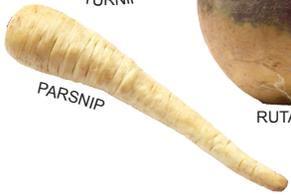
TURNIP



JICAMA



RUTABAGA



PARSNIP

## ROOT VEGETABLES

**Circle all vegetables on the menu.**

- How many are roots (carrots, turnips, parsnips)?
- How many are tubers (potatoes, yams)?
- Draw a star next to your favorite root or tuber.
- What is your favorite way to eat root vegetables?

# EAT ROOT VEGETABLES

## Nutrition Facts

Serving Size: ½ cup raw jicama, sliced (60g)  
 Calories 23      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 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%



## Root or Tuber?

Root vegetables are plants you can eat that grow underground. There are different kinds of root vegetables, including **roots** and **tubers**. Look at this list of root vegetables. Draw a circle around the roots and underline the tubers. Then, answer if you have tried it and if you liked it. (*answers below*)

Root Vegetable	Have you tried it? Did you like it?
1 Carrot	
2 Potato	
3 Radish	
4 Turnip	
5 Parsnip	
6 Jicama	
7 Rutabaga	
8 Yam	

## Reasons to Eat Root Vegetables

A ½ cup of most root vegetables – like jicama, potatoes, rutabagas, turnips – has lots of vitamin C. Eating root vegetables is also a good way to get healthy complex carbohydrates. Complex carbohydrates give your body energy, especially for the brain and nervous system.

### Complex Carbohydrate Champions:\*

Corn, dry beans, peas, and sweet potatoes.

\*Complex Carbohydrate Champions are a good or excellent source of complex carbohydrates.

## How Much Do I Need?

A ½ cup of sliced root vegetables is about one cupped handful. Most varieties can be eaten raw (jicama, turnips) or cooked (potatoes, rutabagas). They come in a variety of colors from white and yellow to red and purple.

Remember to eat a variety of colorful fruits and vegetables throughout the day. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need.

## Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day.

Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

