

# Harvest of the Month

Network for a Healthy California



Botanical name: *Pisum sativum*



## PEAS

**Circle all meals that have peas in them.**

- How many meals with peas did you find?
- Are peas available at the salad bar?
- What is your favorite kind of peas – fresh, frozen, or canned?

# PASS THE PEAS, PLEASE

## Nutrition Facts

Serving Size: ½ cup green peas, cooked (80g)  
 Calories 67      Calories from Fat 2

	% 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 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%



## Plant Parts: What are Green Vegetables?

Plants have many different parts. These include the roots, stems, leaves, flowers, fruits, and seeds. Peas are seeds. They are usually found in pods that grow from vines or stems. Complete the following activity to learn more about green vegetables and from what part of the plant they come. (*possible answers below*)

- 1 Write on the lines below as many green vegetables as you can.
- 2 Underline the green vegetables that are seeds
- 3 Draw a circle around the ones that are leaves.
- 4 Draw a box around the ones that are stems.
- 5 Draw two lines under the vegetables that are flowers. (Hint: broccoli)
- 6 Place a star ☆ next to your favorite green vegetables.

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## Reasons to Eat Peas:

Eating a ½ cup of peas – cooked or fresh – will give you lots of different vitamins and minerals that your body needs to grow healthy and strong. Peas have lots of vitamin K and are a good way to get thiamin, fiber, vitamin A, and vitamin C. Thiamin is an important vitamin that helps keep your body's nerves healthy.

## Thiamin Champions\*:

Black beans, corn, lentils, peas, pecans, and sunflower seeds.

\*Thiamin Champions are a good or excellent source of thiamin (provide at least 10% Daily Value).

## How Much Do I Need?

A ½ cup of peas is about one cupped handful. 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. You can eat fruits and vegetables in many forms – fresh, frozen, canned, and dried. They all count toward your daily amount. Try to eat fruits and vegetables in a variety of colors throughout the day to reach your goal. And be active for at least 60 minutes every day!

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	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.

Possible answers: 2) seeds – peas, green beans; 3) leaves – lettuce, spinach, cabbage, bok choy, collard greens; 4) stems – celery, asparagus; 5) flowers – broccoli, Brussels sprouts



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