Circle all meals that contain green beans.

- How many did you find?
- What are the different ways green beans will be served? Fresh? Cooked? Canned?
- How many other green fruits and vegetables are on the menu?
- What is your favorite green vegetable?
EAT GREEN BEANS

Power Scramble
Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line below the scrambled word. (answers below).
1. etewo opto  
2. tinancere  
3. beabacg  
4. ransisi  
5. cipotar  
6. enrg abnes

Green Bean Brain Buster
(answers below)
1. According to the Nutrition Facts label on the right, a ½ cup of green beans contains ______ Daily Value of vitamin C.
   A) 10%  B) 7%  C) 3%  D) 2%

2. We know that green beans are green, but they can also be ______ .
   A) purple  B) yellow  C) streaked  D) all three

3. Green beans are good for your heart and digestive system because they contain ______ .
   A) calcium  B) iron  C) fiber  D) water

Reasons to Eat Green Beans:
Eating a ½ cup of green beans is a good way to get vitamin C and vitamin K. Green beans also have fiber, which helps you feel full and keeps your blood sugar levels normal. You can find green beans as fresh, frozen, and canned. All forms are good for you and taste great in meals and snacks.

Fiber Champions*:
Avocado, beans, blackberries, cooked greens, figs, kiwis, peas, and soybeans.
*Fiber Champions are a good or excellent source of fiber (provide at least 10% Daily Value).

How Much Do I Need?
A ½ cup of green beans is about one cupped handful. This is about 10 medium green beans. 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 the amount that is right for you. Create a plan that will help you eat this amount every day. Write it down and share it with a family member. You need to get at least 60 minutes of physical activity every day.

Recommended Daily Amount of Fruits and Vegetables**

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.