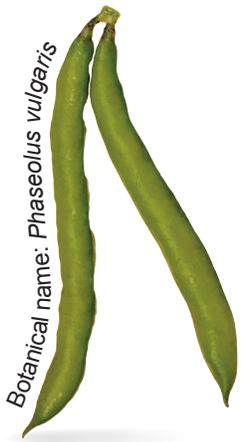


Harvest of the Month



Network for a Healthy California



Botanical name: *Phaseolus vulgaris*

GREEN BEANS

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



Nutrition Facts

Serving Size: ½ cup fresh green beans (50g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 10%	Iron 3%

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. etews otptoa
_____ | 4. ransisi
_____ |
| 2. tinancere
_____ | 5. cipotar
_____ |
| 3. beabacg
_____ | 6. enрге abnes
_____ |

Answers: 1. sweet potato, 2. nectarine, 3. cabbage, 4. raisins, 5. apricot, 6. green beans

Green Bean Brain Buster

(answers below)

- 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%
- We know that green beans are green, but they can also be _____.
A) purple B) yellow C) streaked D) all three
- Green beans are good for your heart and digestive system because they contain _____.
A) calcium B) iron C) fiber D) water

Answers: 1. A; 2. D; 3. C

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**

	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 to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

