Health and Learning Success
Go Hand-in-Hand

Do more. Watch less. Studies show students who watch less TV and get more physical activity do better on academic tests. Harvest of the Month can help your family learn new ways to eat more fruits and vegetables and be physically active every day.

Healthy Serving Ideas
• Make a “rainbow coleslaw” by using a mix of green and red cabbage. (See recipe.)
• Boil or steam cabbages to use in stews, soups, and casseroles.
• Provide raw, crunchy fruits and vegetables as snacks for your child.
• Look for a farmers’ market in your area to find low-cost fruits and vegetables.

For more ideas, visit: www.fruitsandveggiesmatter.gov

Let’s Get Physical!
• Cut back on screen time* and add activity time. It will help prepare your child for spring fitness testing.
• Create activity calendars for you and your family. You can create calendars online at www.bam.gov.
• Include indoor and outdoor activities on your calendar (like dancing, doing sit-ups, walking/jogging, jumping rope, and playing basketball and soccer).

For more ideas, visit: www.cachampionsforchange.net

Nutrition Facts
Serving Size: ½ cup green cabbage, shredded (35g)
Calories 9 Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 6mg 0%
Total Carbohydrate 2g 1%
Dietary Fiber 1g 4%
Sugars 1g
Protein 1g
Vitamin A 1% Calcium 1%
Vitamin C 21% Iron 1%

How Much Do I Need?
• A ½ cup of cabbage is about one cupped handful.
• A ½ cup of fresh or cooked cabbage is an excellent source of vitamin C and vitamin K.
• A ½ cup of cooked cabbage also provides fiber and folate.
• Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Look at the chart below to find the amount that is right for you and your family. Eating a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried – will help you reach your daily goals.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>2 ½ - 5 cups per day</td>
<td>3 ½ - 5 cups per day</td>
</tr>
<tr>
<td>Males</td>
<td>4 ½ - 6½ cups per day</td>
<td>4 ½ - 6½ cups per day</td>
</tr>
</tbody>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.