Garden Detective News

Help Healthy Habits Take Root

Have plenty of fruits and vegetables available at home for meals and snacks.

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

Arkansas SNAP Ed
Smart Nutrition-Active People Education

6

FCS794

Garden Detective News

The garden detectives reviewed the school menu this week to find out what fruits and vegetables are offered on the cafeteria menu. They set goals and decided which fruits and vegetables they were going to choose from the menu. If your child brings a packed lunch, you could plan a brown bag menu that will help him or her meet his or her goal. They also kept track of the fruits and vegetables they chose to eat at lunch for 5 days. Ask your child about the goals he or she set.

Mystery Solved!
Ways To Help Your Child Eat More Fruits and Vegetables.

When they come home hungry, have fruits and veggies ready to eat.

- Keep a bowl of fruit that has been rinsed under running water on the kitchen table.
- Put cut fruits and vegetables that have been rinsed under running water on a shelf in your refrigerator where your child can see them.

Let your kids be "produce pickers." Help them pick fruits and veggies at the store. Kids are more likely to eat fruits and veggies they pick out for themselves. So, as a fun activity, try taking your kids to a farmers market or grocery store and let them each pick out a different colored fruit or vegetable. Different colored produce provides different nutrients. So the more colors they try, the more nutrients they'll get. That's the pot of gold at the end of the rainbow!

Talk with your child about his or her lunch choices. There are many fruit and vegetable options on the school lunch menu.

They learn by watching you. Let your child see you enjoying fruits and vegetables at meals and as snacks.

Family Activity 6

The Great Fruit and Vegetable Scavenger Hunt

As a family, go on a scavenger hunt for fruits and vegetables in your home.

Check your countertops, h, pantry, and freezer for fruits and vegetables. It's no surprise that families that have a variety of fruits and vegetables available at home eat more fruits and vegetables.
Fresh, frozen, dehydrated/dried, and canned are all good choices.

Write down the fruits and vegetables you find in each location below. Use the list of fruits and vegetables on the next page to guide your search.

	Fruit	100 Percent Juice	Dark-Green Veggies	Red and Orange Veggies	Starchy Veggies	Other Veggies	Beans and Peas
Counter							
Fridge							
Pantry							
Freezer							

Does your family have a variety of fruits and vegetables available at home?

_____

What Vegetable Subgroups are you missing?

_____

What are some ways you could make sure your family has a variety of fruits and vegetables available for meals and snacks?

_____

Scavenger Hunt Clues

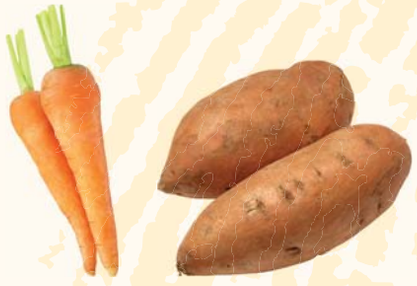
Here are examples of vegetables in the different vegetable subgroups:

Dark-Green Vegetables

- Examples: bok choy, broccoli, collard greens, dark-green leaf lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, Swiss chard, turnip greens, watercress, beet greens

Starchy Vegetables

- Examples: corn, green peas, green lima beans, white potatoes, plantains



Red and Orange Vegetables

- Examples: acorn squash, butternut squash, carrots, Hubbard squash, pumpkin, red peppers, sweet potatoes, tomatoes

Other Vegetables

- Examples: artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, zucchini

Beans and Peas

- Examples: black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, white beans, soy beans, split peas

University of Arkansas, United States Department of Agriculture and County Governments Cooperating - The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. - USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact https://access.arkansas.gov/