Name:

VEGETABLES

Log on to <http://www.choosemyplate.gov/> and answer the following questions about vegetables.

Click on myplate located in the green box at the top of the page and choose vegetables.

What is considered a vegetable?

*
*

Vegetables can be eaten in 6 different forms. List the 6 forms and example of each:

|  |  |
| --- | --- |
| FORM | EXAMPLE  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

The subgroups of vegetables are based on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ content.

The 5 subgroups are:

|  |  |  |
| --- | --- | --- |
| Sub Group | List 3 Examples of each | List how many servings you need weekly from these sub groups |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Servings are based on what three things

*
*
*

How many baby carrots would you have to eat to get one cup?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How big of a potato would you need to get 1 cup?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vegetables provide nutrients vital for \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your body.

Vegetables have many health benefits list 6 and explain how vegetables help decrease these health concerns.

|  |  |
| --- | --- |
| Health Concern | How |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

What does Vitamin A do for our body?

What 3 things does Vitamin C do for our body?

*
*
*

What’s the consumer message for Vegetables.

List 3 ways you could add vegetables to your meal.

*
*
*

List 2 ways to make vegetables more appealing.

*
*

List 2 ways to keep vegetables safe.

*
*

Why are beans and peas considered in the vegetable group?

Who would considered beans and peas as a protein source in their diet?

Using the chart “What counts as a cup of Vegetables” choose 5 vegetables you would eat and how much you would need to equal 3 cups.

|  |  |
| --- | --- |
| Vegetable | How Much |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| Total | \_\_\_\_\_\_\_\_\_\_\_\_cups |

Knife Safety

Parts of the knife:

Blade, Tang, Tip, Heel, Spine, and Rivets



* Where should your cutting hand thumb and index finger be when cutting?
* How should you hold your non-cutting hand?
* How should you stabilize your cutting board?
* When cutting vegetables how can you make the vegetable more stable?