

PLANT PARTS SONG

*Root, stem, leaf, flower, fruit and seed
These are the parts of the plants we eat*

*Root, stem, leaf, flower, fruit and seed
Soil nutrients from fruits & veggies*

*Root, stem, leaf, flower, fruit and seed
When you eat plant parts
You grow up healthy and strong*



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GOT VEGGIES?

Activity Booklet



**CENTRAL
TEXAS
FOOD
BANK**

THE COLOR HARVEST

Fruits and vegetables provide the vitamins and minerals our bodies need to grow and to be healthy. They come in all different **colors**, **shapes** and **sizes**, so be sure to eat a rainbow.



Try to eat at least two different colors of fruits and three
 Plants need different colors of vegetables every day! Plants need air

STAY ACTIVE, STAY HEALTHY!



Find the ways you can stay active and healthy!

G	A	Q	B	L	W	W	M	F	N
A	C	T	I	V	E	K	R	U	N
R	X	E	C	B	V	W	V	N	H
D	C	B	Y	R	O	A	I	Q	Y
E	Y	D	C	X	M	L	J	O	U
N	C	S	L	H	I	K	E	G	T
D	E	F	E	B	P	M	U	J	A
T	D	A	N	C	E	F	H	D	H
P	F	U	Z	A	C	M	I	W	S
C	L	I	M	B	V	G	S	E	Z

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- | | | |
|--------|---------|--------|
| DANCE | BICYCLE | ACTIVE |
| FUN | MOVE | SWIM |
| GARDEN | WALK | CLIMB |
| JUMP | RUN | HIKE |
-

FRUIT-INFUSED WATER

INGREDIENTS

- 1/2 cup sliced strawberries, fresh or frozen
- 5 large basil leaves torn into pieces
- 1 lemon, thinly sliced

Place the desired ingredients in a pitcher, add water and ice. ENJOY!



MINI VEGGIE FACES

INGREDIENTS

- 1/2 of a whole wheat English muffin or sandwich thin, toasted
- 1 tablespoon hummus
- 1 tablespoon broccoli
- 1 tablespoon cherry tomatoes, halved & sliced
- 1 tablespoon cucumbers, halved and sliced
- 2 tablespoons carrots, shredded or sliced



PREPARATION

1. Toast half of a whole wheat English muffin or sandwich thin
2. Spread 1 tablespoon of hummus evenly onto English muffin or sandwich thin.
3. Use the vegetables to create a face on the muffin. For example, carrots for hair, broccoli for the nose, tomatoes for eyes, and a cucumber for a mouth.

Nutrition Facts	
1 servings per container	
Serving size 1/2 English Muffin (85g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 1mg	6%
Potassium 176mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SEEDS & SPROUTS

Through farming and gardening, people help plants to grow and to be healthy so that our bodies can be healthy. Usually, that begins with planting a seed. What do seeds need to grow?



Seeds need soil



ZESTY BEAN DIP

INGREDIENTS

- 1/4 cup low-sodium, fat-free canned refried beans, or mashed pinto beans, unsalted
- 1 tablespoon salsa
- 1 teaspoon chopped fresh cilantro
- 1 teaspoon minced scallion
- Chopped vegetables (bell peppers, asparagus, broccoli)



Nutrition Facts	
1 servings per container	
Serving size	1/4 cup (98g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 267mg	6%

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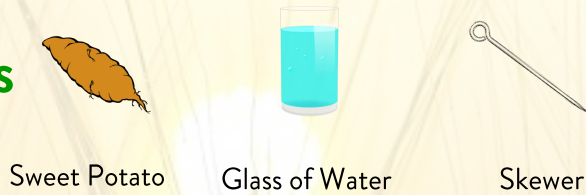
PREPARATION

1. Combine the refried beans, salsa, cilantro, and scallions in a bowl and mix well.
2. Serve with chopped vegetables.

DIRT MADE OUR LUNCH

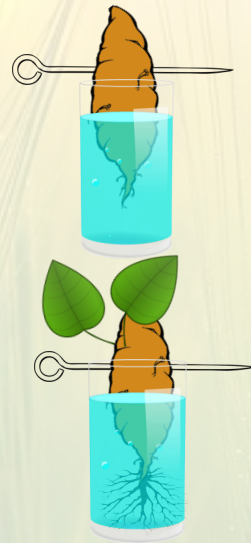
We put our food scraps in the COMPOST to make more soil to grow more food. Healthy soil = Healthy food = Healthy people. Try this fun activity to turn your food scraps into more food:

MATERIALS



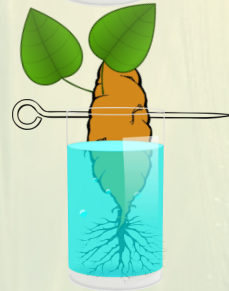
STEP 1

Skewer the potato through the middle, rest the skewer ends on top of the glass so the potato sits in the water, and put it in a sunny spot.



STEP 2

Wait 3-4 weeks until leaves sprout from the top and roots sprout from the bottom.



STEP 3

Carefully cut the leaves from the sweet potato, if possible with the roots attached. Plant in the ground or in a pot.



COCONUT OIL POPCORN

INGREDIENTS

- 1/2 cup popcorn kernels
- 1 1/2 tablespoons coconut oil
- 1 teaspoon salt



PREPARATION

1. Add the oil and one kernel to a large pot. Place the lid on top and heat on medium-high heat. Wait for the kernel to pop.
2. Once the kernel has popped, add the rest of the kernels, replace the lid, and give the pot a swirl to coat the kernels in hot oil.
3. Once the kernels begin to pop rapidly, crack the lid a little bit to allow excess steam to escape. Avoid skin contact with the hot steam as it escapes!
4. When the popping has slowed to a few seconds between pops, turn off the heat.
5. Remove from heat and transfer to a bowl.

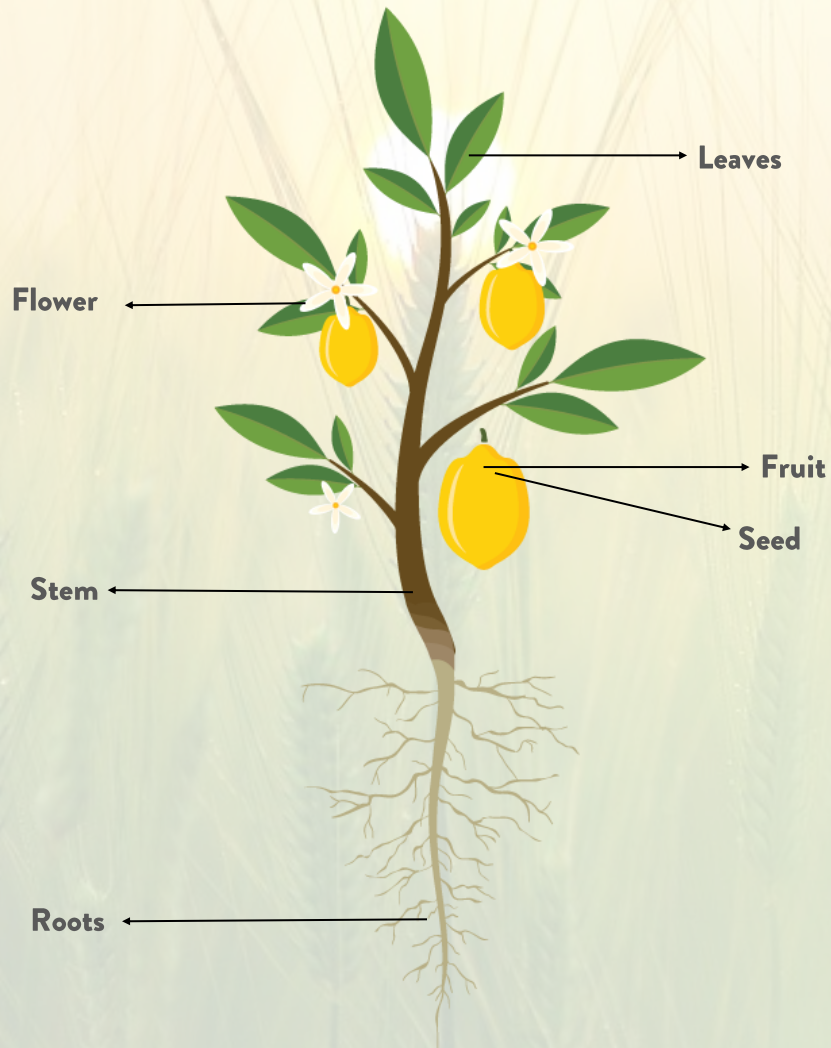
Nutrition Facts	
4 servings per container	
Serving size	3 cups (30g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 65mg	2%

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ROOTS

When you eat a carrot, what part of the plant are you eating? The root!
Roots hold the plant in place and pull water and nutrients up from the soil.

Can you sing the *Plant Parts Song* on the back of this booklet?



RANCH DIP WITH VEGGIES

INGREDIENTS

- 1 1/3 cup plain, fat-free Greek yogurt
- 3 tablespoons 2% milk
- 1 packet Hidden Valley ranch dressing mix (or 1/4 cup dried or fresh herbs, 2 teaspoons garlic powder, and 1/2 teaspoon salt and pepper)
- Broccoli and cauliflower, chopped



PREPARATION

1. Combine Greek yogurt, milk and packet of ranch salad dressing mix (or herbs and spices) in a bowl and mix together.
2. Serve with veggies such as broccoli, cauliflower and artichokes.

Nutrition Facts

12 servings per container
Serving size **2 tablespoons**
(40g)

Amount per serving
Calories **20**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 3g

Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 0mg	0%
Potassium 69mg	2%

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FLOWERS & FRUIT

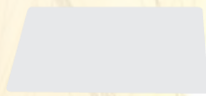
Have you ever eaten a flower? If you've ever tried broccoli, cauliflower or artichoke then you have! When pollinated, flowers also become the fruit we eat.

Try this: **FLOWER ART**

MATERIALS



Flowers



Blank Paper



3 Heavy Books



Glue

STEP 1

Collect wildflowers.



STEP 2

Arrange flowers in one layer on blank paper. Put another paper on top. Put that inside of one book. Put the other two books on top of that.



STEP 3

After 3 weeks, remove dried flowers from between the paper and books. Use glue to arrange pressed flowers artfully on paper.



CARROT RAISIN SALAD

INGREDIENTS

- 1/2 cup grated carrot
- 1/4 cup crushed pineapple
- 1 tablespoon raisins
- 1 tablespoon chopped nuts
- 1 tablespoon lemon or vanilla low-fat yogurt



PREPARATION

1. Measure out the carrot, pineapple, raisins, nuts and yogurt and add to a bowl.
2. Mix with a spoon to combine.

Nutrition Facts

1 servings per container	
Serving size	1 salad (148g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 381mg	8%

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STEMS & LEAVES

Stems hold plants up and transport water and nutrients to the other plant parts. Leaves combine the sun's energy, water and carbon dioxide to make food for the plant and oxygen for us to breathe. That's called:

PHOTOSYNTHESIS



SPINACH & MANGO SMOOTHIE

INGREDIENTS

- 1 packed cup of baby spinach
- 1 banana, peeled and sliced (or 1 cup frozen banana)
- 1 mango, peeled and diced (or 1 cup frozen mango)
- 1 cup low-fat or skim milk
- 1 cup of ice (if not using frozen fruit)



PREPARATION

1. Place all the ingredients in your blender and blend for 1-2 minutes or until the mixture is creamy. Divide between two cups.
2. Serve and enjoy!

Nutrition Facts

2 servings per container	
Serving size	1 cup (303g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 182mg	15%
Iron 1mg	6%
Potassium 394mg	8%

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