Ask your child to help you find ways to serve dark-green, red, and orange vegetables.
Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

The fiber in fruits and veggies helps your child feel full longer, and that can help with a healthy body weight. It can also help prevent constipation.

Start them early with fruits and veggies. It's easier to get your child in the habit of eating and enjoying fruits and veggies if you start when they are young.

Garden Detective News

This week, our class learned about building a healthy plate with foods from each of the food groups. One easy way is to fill half of your plate with fruits and vegetables. They also learned why it is important to vary your veggies and eat dark-green, red, and orange vegetables, and beans and peas. We are discovering lots of new ways to do that through our garden where we are growing dark-green vegetables like spinach, Swiss chard, and leaf lettuce, and orange vegetables like carrots.

**Dark-Green Vegetables**
- bok choy
- dark-green leaf lettuce
- romaine lettuce
- watercress
- broccoli
- kale

**Red and Orange Vegetables**
- acorn squash
- carrots
- red peppers
- pumpkin

**Bean and Peas**
- black beans
- kidney beans
- pinto beans
- black-eyed peas
- lentils
- white beans
- garbanzo beans (chickpeas)
- navy beans
- soy beans
- split peas

Help your garden detective complete the family survey with all members of your family. Have fun and be healthy as a family!
Why should kids eat plenty of fruits and vegetables as part of a healthy diet?

- Start them early with fruits and veggies. It’s easier to get your child in the habit of eating and enjoying fruits and veggies if you start when they are young.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.
- The fiber in fruits and veggies helps your child feel full longer, and that can help with a healthy body weight. It can also help prevent constipation.

Studies show a positive association between healthier dietary patterns and academic performance.
Family Activity 4

Family Survey

It would be a crime not to include the whole family in making healthy food choices! Let’s get everyone involved in making food choices for a healthy diet. Survey your family members to find out the kinds of food choices they are making. Use the questions below. Put a check mark in each person’s column for every “yes” answer.

Help Your Family Make Healthy Food Choices

<table>
<thead>
<tr>
<th>This week did you:</th>
<th>You</th>
<th>Family members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat a fruit or drink 100 percent fruit juice each day?</td>
<td>______</td>
<td>______ ______</td>
</tr>
<tr>
<td>Eat a vegetable at lunch and dinner each day?</td>
<td>______</td>
<td>______ ______</td>
</tr>
<tr>
<td>Eat dark-green vegetables?</td>
<td>______</td>
<td>______ ______</td>
</tr>
<tr>
<td>Eat red and orange vegetables?</td>
<td>______</td>
<td>______ ______</td>
</tr>
<tr>
<td>Eat beans and peas?</td>
<td>______</td>
<td>______ ______</td>
</tr>
</tbody>
</table>

Total check marks

When you are done with the survey, talk with your family about the results.

Do you and your family see any places where you could improve and eat healthier? _______________________

Set a goal for this week to get more yes answers to these questions. Have fun and be healthy as a family! _______