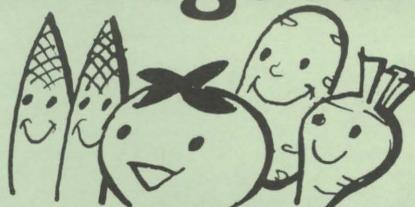


Play Fair with Vegetables



To save vitamins and minerals

Don't drown them -

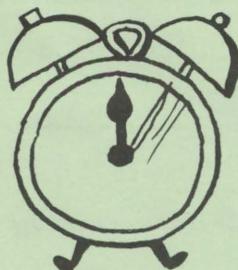
Cook in a small amount of water



To protect some vitamins

Play fair - Keep out air

Leave skins on
Leave whole or cut into large pieces
Use a lid



To save vitamins and good taste

Don't go overtime -

Cook just until tender



Don't strike out the rookies.

Taste new vegetables.



Team up for extra hits.

1. Team up raw vegetables for a snack tray.
2. Let cheese melt on a hot vegetable.
3. Pour Magic Sauce on a cooked vegetable. Use recipe in Fun Sheet 2.

To Do at Home

Tell someone why we need vitamin A and name some vitamin A foods.

or

Make a vitamin A treat for your family.

or

Teach a new game or song to a younger child

or All three.

Look What I Can Do Now!

I can pick food for health.

Make a check (✓) if you picked a picture of a food from the



Milk Group -----

Meat Group -----

Fruit and Vegetable Group

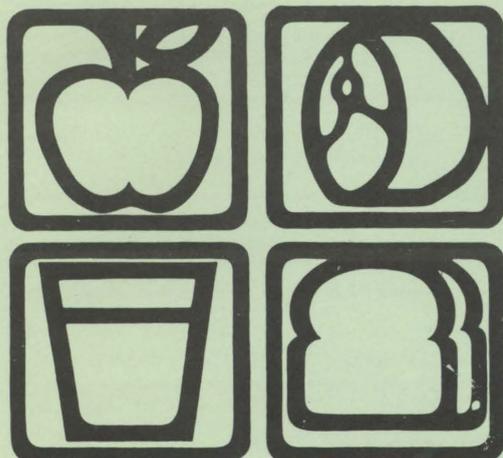
Bread and Cereal Group

All four groups -----

Meeting 1	Today

Did you pick a food from each group today? _____ If not, what could you add to make at least one food from each group?

I can write the numbers to the good food clue.



Each day eat

_____ or more servings from the Fruit and Vegetable Group.

_____ or more servings from the Bread and Cereal Group.

_____ or more servings from the Milk Group.

_____ or more servings from the Meat Group.

That's the good food clue!

