



Eat Your Way to Vitamin

Question
Answer

What do you eat for vi-ta-min A? — Broc-co-li, can-ta-loupe, liv-er we say;
 Why do you need some vi-ta-min A? It will help us grow tall day af-ter day.

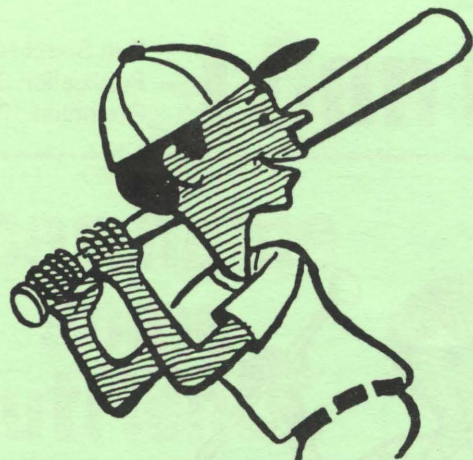
A-pri-cots, greens, and car-rots from a stew-Pump-kin and squash and sweet po-ta-toes, too!
 It will help our eyes to see in dim light. It will help our skin to be smooth, that's right.

Question
Answer

What will you eat for vi-ta-min A? — Think we'll have some _____ to-day.
(name of food)

Do we all need this vi-ta-min too? Yes _____ ! Yes _____ yes, you real-ly do.
(child's name)
(child's name)

LD
5655
A762
no. 348-036
VPI
Spec



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

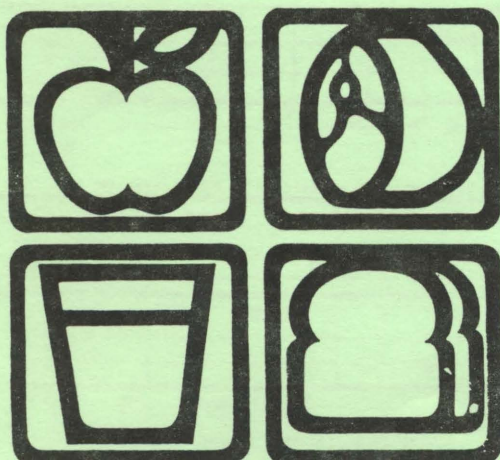
Bread and Cereal Group

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!

I Can Do This Too!

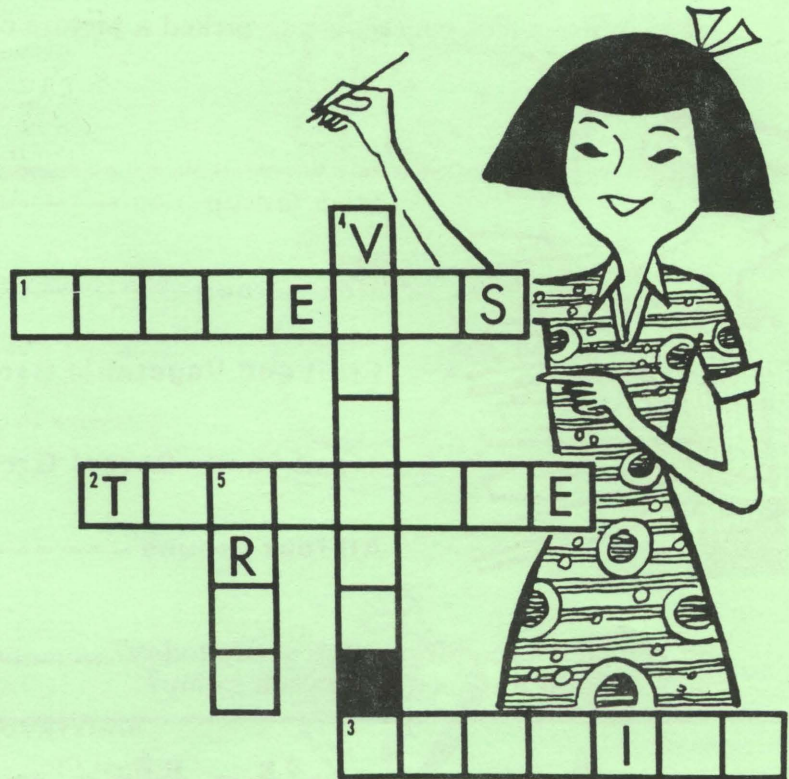
I can name some nutrients.

Across

1. Nutrients in meat and milk that help build your body.
2. A vitamin from the Bread and Cereal Group that helps your body get energy from food.
3. A nutrient in milk that helps make teeth and bones hard.

Down

4. A nutrient in some fruits and vegetables that helps heal cuts.
5. A mineral that helps your body use energy from food.



I can cook these foods--



Wouldn't you like to show this page to your family?

Developed by Extension Service, USDA