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Vegetables Are Good for You - Expanded Nutrition & Family Programs  
Michigan State University  
Cooperative Extension Service  
September 1977  
6 pages

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# Expanded Nutrition & Family Programs



## Vegetables Are Good for You

(A/V)

### THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to:

1. **Tell** how important vegetables are for good health.
2. **Name vegetables** that give vitamin A, vitamin C, iron, and protein.
3. **Pick** from pictures a variety of vegetables she can fix for her family.

### FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

Vegetables are packed with good-for-you vitamins, minerals, and fiber. And they taste good, too!

Most dark-green and deep-yellow vegetables are excellent and inexpensive sources of VITAMIN A. Try carrots, spinach, sweet potatoes, winter squash, broccoli, mustard, turnip greens, kale, peppers, and green cabbage.

All fresh vegetables supply some VITAMIN C. Many vegetables supply useful amounts of VITAMIN C, IRON, and other vitamins and minerals. Try broccoli, cabbage, spinach,

peppers, sweet potatoes, white potatoes, and tomatoes.

Some vegetables—dried peas, beans, lentils, and soybeans—give you protein. When eaten with bread, eggs or milk, they replace meat in a meal.

The leaves, stems, peels, and pulp of vegetables contain FIBER. Fiber does not give calories or nutrients. It helps foods to pass quickly through the digestive tract. It also helps in eliminating body wastes and preventing constipation. Make sure you have some fiber in your diet.

Choose **four** or more servings of vegetables and fruits **every day**.

Make sure you get one good source of VITAMIN C **every day**.

Have one good source of VITAMIN A at least **every other day**.

Foods chosen for vitamin C can also be good sources of vitamin A. One serving of fresh dark greens or broccoli might count as one serving of vitamin C **and** one of vitamin A.

Count  $\frac{1}{2}$  cup of cooked vegetable as one serving. Many people prefer larger servings of leafy vegetables.

Too much cooking water and long cooking



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destroy vitamins. Cook vegetables carefully for good nutrition.

### **THINGS TO DO BEFORE VISIT**

Study the homemaker's food recall record. Plan how to fit the lesson to her needs. Remind her that vegetables add color, flavor, and crispness to meals and snacks.

Select food models or pictures. Use them to show the homemaker how to select vegetables that are good sources of vitamins A and C, iron, and fiber.

Find store ads listing vegetables that are available.

### **HOW DO YOU KNOW SHE LEARNED?**

Ask the homemaker to select pictures of vegetables that are good sources of vitamin A. Did she make the right choices? Does she know what kinds of vegetables she needs each day?

The next time you visit the homemaker, talk about the vegetables she has eaten during the past week. Did she select foods rich in vitamin A?

### **REFERENCES (Available in Your State)**

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Cooperative Extension Work: United States Department of Agriculture and State Land-Grant Universities Cooperating.

Issued September 1977.

# Expanded Nutrition & Family Programs



## Vegetables Are Good for You

(A/V)

(Take this sheet on home visits)

### THE BIG IDEA

When you eat vegetables you get vitamins, minerals, and fiber that your body needs.

### HOW TO PRESENT THE BIG IDEA

**Talk** about vegetables the homemaker and her family eat.

**Find out** if she cans, dries, or freezes vegetables at home.

**Use** store ads and pictures to show which vegetables are now available.

**Help** her decide which vegetables contain:

Vitamin A . . . and why she needs vitamin A.

Vitamin C . . . and why she needs vitamin C.

Iron . . . and why she needs iron.

Fiber . . . and why she needs fiber.

**Stress** that everyone needs 4 or more servings of vegetables and fruit each day. Show examples of serving size.

**Ask** about problems she has in getting her family to eat vegetables.

**Talk** about ways to solve the problems.

### HOW DO YOU KNOW SHE LEARNED?

Ask her to keep a list of the vegetables she serves her family in the next week. On your next visit, talk about the vegetables she ate and how she served them. Ask her why the vegetables she served are important in the diet.

## EXPANDED NUTRITION & FAMILY PROGRAMS

# Vegetables Are Good For You

Try **different kinds** of vegetables  
for flavor and color!

**EAT 4 OR MORE  
VEGETABLES AND  
FRUITS EVERY DAY**

They give you . . .

**Vitamin A**—in dark-green or deep-yellow vegetables. For growth, normal vision, and healthy skin.

**Vitamin C**—in citrus fruits and tomatoes. To help hold your body cells together and heal wounds.

**Iron**—in dark-green or deep-yellow vegetables, and dry peas, beans, and lentils. For healthy red blood.

**Fiber**—in all vegetables. Fiber helps remove body wastes. Cooking softens the fiber.

**Protein**—in dry peas, beans, soybeans, and lentils. These proteins may take the place of meat when eaten with other foods that give protein. Example: beans with bread and milk.



# Expanded Nutrition & Family Programs



## Vegetables Are Good for You (H)

Eat 4 or more servings of vegetables or fruits every day.

Vegetables give you VITAMINS and MINERALS for growth. They help keep the body working properly.

Some vegetables—dried peas, beans, lentils, and soybeans—give you protein. They are used for growth and repair of the body. When eaten with bread, eggs or milk, they replace meat in a meal.

Vegetables contain FIBER. Fiber helps your body get rid of wastes.

Name a vegetable your family could eat to get vitamin A. \_\_\_\_\_

Name 2 vegetables you ate yesterday.

\_\_\_\_\_

Name 2 vegetables you might eat tomorrow.

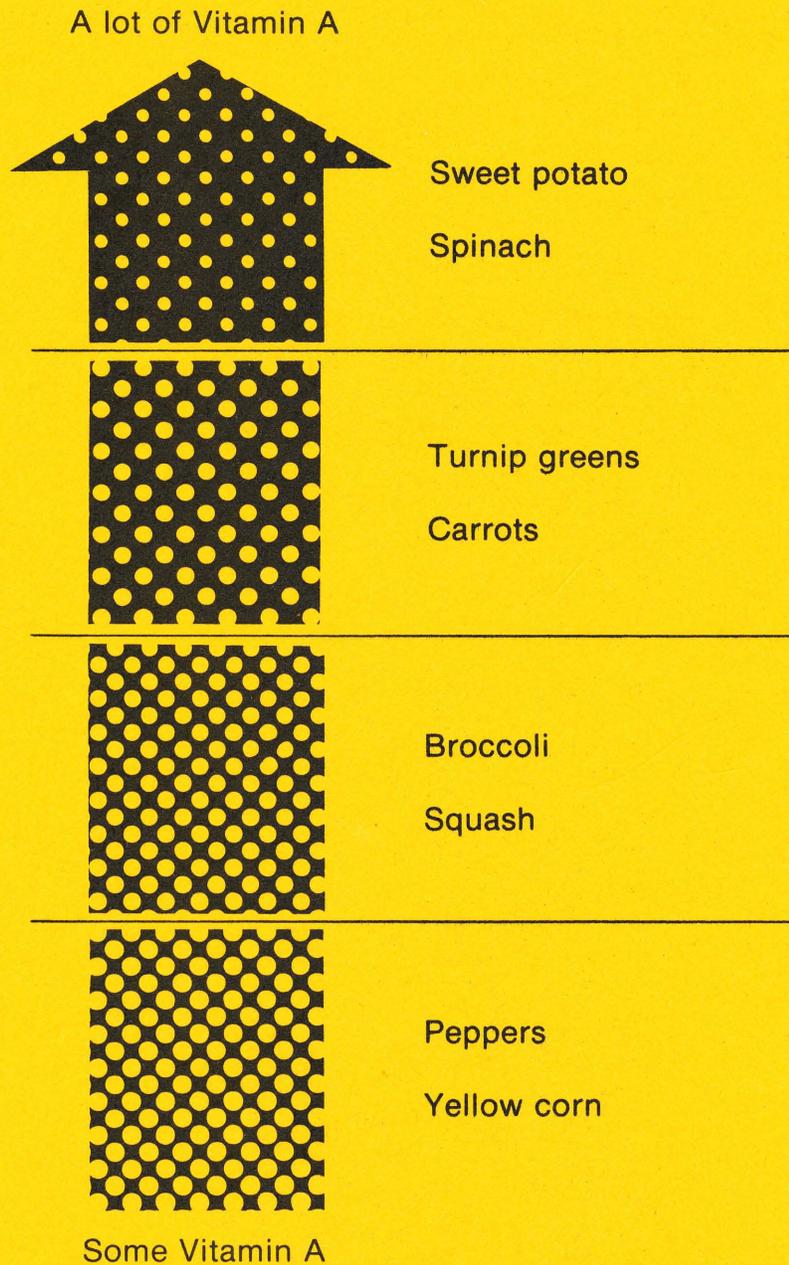
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# Eat Vitamin A Food at Least Every Other Day



Other foods—liver and yellow fruits—provide vitamin A, too.