

Kid Friendly Veggie Ideas

Lesson Creator:

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Target Audience:

Adults with (or who care for) children

Purpose:

The purpose of this lesson is to increase children's veggie intake.

Objectives:

The participants will:

- Increase their knowledge of how to prepare different veggies.
- Know what benefits the different colored veggies provide.

What The Nutrition Educator Needs To Know So That The Participants' Questions Can Be Answered:

It is important to eat as many veggies, and to eat different colored veggies. Veggies contain many vitamins and nutrients as well as phytochemicals.

Here are some of the ways veggies of different colors help us:

Red:

Red veggies contain high levels of vitamin C which helps maintain a healthy immune system. They also have vitamin E in large quantities which help wounds heal. Lycopene, which is found in some red veggies, may help reduce the risk of certain types of cancers. Adding a variety of red veggies to your diet helps can help you maintain a healthy heart, memory function, and urinary tract health.

Orange/Yellow:

Orange and Yellow veggies contain beta-carotene and vitamin A. Beta-carotene is an antioxidant that may be effective in lowering breast cancer risk, preventing lung disease complications, reducing asthma attacks triggered by exercise, reducing risk for osteoarthritis and ovarian cancer, improving physical performance, preventing post-childbirth and other pregnancy-related complications, and reducing sun sensitivity. Vitamin A helps with vision health, stimulates the production and activity of white blood cells, remodels bones, and regulates cell growth and division.

Green:

Green veggies are a good source of folate, which helps prevent birth defects. They are also rich in vitamin K, which promotes blood clotting and protects bones from osteoporosis, and help prevent against inflammatory diseases/conditions. Leafy green veggies, such as spinach, are really high in vitamins A, C, E, and K; broccoli and mustard greens are high in B vitamins. These veggies also contain high amounts of the antioxidant carotenoids which protect cells and

play roles in blocking the early stages of cancer. Including green veggies in your diet can also help you maintain vision health, and strong bones and teeth.

Blue/Purple:

Blue and purple veggies contain anthocyanins which may have anti-aging benefits. These veggies also help fight inflammation, improve the body's ability to absorb calcium and other nutrients, help lower LDL (bad) cholesterol, support eye health, help boost the immune system, support healthy digestion and reduce tumor growth.

White/Tan:

White and tan veggies contain allicin which helps with blood pressure and may lower cholesterol. They also contain potassium which reduces risk for many cancers. Mushrooms contain selenium which is an antioxidant. This antioxidant may contribute to healthy aging and a lowered risk for a number of conditions, including heart disease and cancer. Selenium also plays a role in thyroid function and your immune system.

References:

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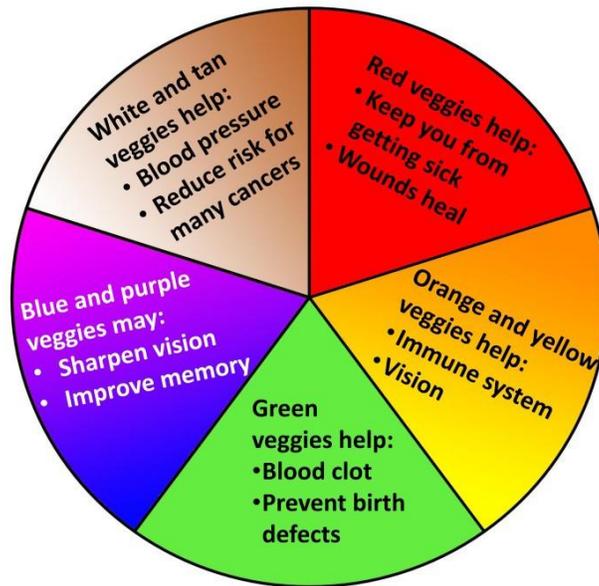
BEFORE YOU GO

Materials Needed:

- Event Folder (with the inventory sheet, contact information)
- Event Sheet, Participating Partner Agreement (PPA) or a MOU letter signed by the site supervisor indicating that we are welcome to work at the site (ideally containing the day/time)
- Directions to the site

Mini-Lesson Specific Items

- Evaluation forms
- Spinning wheel with colors insert
- Color Wheel on tri-fold board



- Dry erase markers
- The following pictures should be used for the winter season; however, if you are working at a food pantry you should revise them to mimic what is available at the pantry:
 - **Red:**
 - Canned Beets
 - Fresh Tomatoes
 - Canned Tomatoes
 - Fresh Red Peppers
 - **Orange/Yellow:**
 - Canned Corn
 - Fresh Carrots
 - Canned Carrots
 - **Green:**
 - Canned Asparagus
 - Fresh Cucumber
 - Fresh Broccoli
 - **Blue/Purple:**
 - Fresh Eggplant
 - Fresh Red Onion
 - **White/Tan:**
 - Canned Peas
 - Canned Mustard Greens
 - Canned Spinach
 - Canned Green Beans
 - Fresh White Potatoes
 - Fresh Cauliflower
 - Canned Mushrooms

The veggies above were chosen due to their winter availability within the communities of Paterson and Newark, New Jersey. The stores used in their identification were Pathmark and Melida Mini Market in Newark, and Super Super Market and Three Brothers Mini Market in Paterson. These stores were visited on February 18, 2015. Similar to if you are working in a pantry, feel free to explore the venues in which your participants shop in their neighborhoods, and to modify the foods according to their availability in the communities in which you work.

- The following pictures should be used for the spring/summer season. The spring/summer season is ideal for veggie growth and therefore also includes all of the veggies from the winter season. However, if you are working at a food pantry, revise them to mimic what is available at the pantry.

- **Red:**
 - Fresh Beets
 - Fresh Tomatoes
 - Fresh Red Peppers
- **Orange/Yellow:**
 - Fresh Orange/yellow peppers
 - Fresh Carrots
 - Fresh Corn
 - Canned Carrots
 - Fresh Yellow Squash
- **Green:**
 - Fresh Asparagus
 - Fresh Bok Choy
 - Fresh Broccoli
 - Fresh Peas
 - Fresh Cabbage
 - Fresh Mustard Greens
 - Kale
 - Fresh Dandelion Greens
- Fresh Green Beans
- Swiss Chard
- Leeks
- Scallions
- Okra
- Fresh Spinach
- Lima Beans
- Zucchini
- **Blue/Purple:**
 - Fresh Eggplant
 - Fresh Red Onion
 - Red Cabbage
 - Rhubarb
 - Potatoes
- **White/Tan:**
 - Fresh White Potatoes
 - White Onions
 - Fresh Cauliflower
 - Mushrooms

*For the fall season add spaghetti squash to the yellow category; pumpkin, butternut and acorn squash to the orange category.

* For further reference on seasonal produce, see the chart on the handout.

BEFORE YOU BEGIN

- Report to your presentation site at least 30 minutes before your session begins.
- Tell the person at the entry or front desk:
 - Your name
 - You are from Rutgers University SNAP-Ed program
 - You are scheduled to teach a nutrition lesson.
- Ask for the site contact person. If he/she is not present, show the person a copy of the signed Participating Partner Agreement (PPA) or MOU and explain that your visit was cleared with the site contact. Ask for someone who can tell you where to set up for the lesson.
- Talk the person who shows you where to set up what you will be doing when you present the mini-lesson and what you will need.
- Put the trifold board up and take out the pictures, dice and markers. Organize the pictures by color (there will be five different groups)

Lesson:

- Step 1: Tell the participants your first name and that you are from Rutgers University's SNAP-Ed program. Tell them that today you want to help them come up with some "kid friendly" way to make veggies.
- Step 2: Briefly describe the color wheel. Explain to them that different colored veggies provide different nutrients so they should be trying to eat as many colors as they can. Then review the benefits written on the bottom and in the segments of the color wheel.
- Step 3: Explain to them that they will be playing a game and divide the participants into two groups.
- Step 4: Ask for a volunteer to spin the wheel. Ask the volunteer to do so.
- Step 5: Get out the pack of cards that matches the color on the wheel. Hold them face down and ask someone from the team the person who spun the wheel was on to pick one and to show the entire room the card.
- Step 6: Tell the participants that they will have about a minute to think up as many ways as they can that they could prepare the veggie in a way kids would like it.
- Step 7: Ask someone from the group that picked the card to go first and to describe their ideas.
- Step 8: Give the group a point for each idea they came up with. Record their score on the trifold with chalk.
- Step 9: After the first group names all their ideas, ask for a volunteer from the second group to name any additional ideas they came up with. Repeat step 8. (Note: If an idea the first group named is repeated it does not count.
- Step 10: Ask for a volunteer from the second group to spin the wheel and repeat steps 5 - 9.
- Step 11: Repeat this going back and forth between each group spinning the wheel until the time for the lesson is over. Make sure each group gets the same number of turns. If the same color keeps coming up on the wheel, ask for it to be spun again.

Below are some ideas you can share in the event that none of the groups can think of any, or if they would benefit from hearing more.

Helpful Hints:

Top a pizza with any of these: **red peppers**, **tomatoes**, **broccoli**, **scallions**, **red onion**, canned mushrooms, cauliflower, and frozen onions.

Dip these in low-fat ranch dressing or your other favorite dips: **red peppers**, **broccoli**, **fresh tomatoes**, and **carrots**.

Stir fry any of these: **red peppers**, **broccoli**, **scallions**, **red onion**, canned mushrooms, cauliflower, and frozen onions.

Top baked potatoes with these: **frozen broccoli with cheese or butter**,

Make an omelet with any of these: **red peppers**, **tomatoes**, **broccoli**, **red onion**, canned mushrooms, frozen onions, **frozen spinach and scallions**.

Make a burrito with any of these: **fresh tomatoes or canned tomatoes**, **red peppers**, **red onions**, frozen onions, **broccoli**, **scallions**, and **canned or frozen corn**

Make nachos with any of these: **fresh tomatoes or canned tomatoes**, **red peppers**, **red onions**, frozen onions, **canned or frozen corn** and cover with cheese and **scallions**.

Other Ideas:

- **Canned/Fresh Beets**
 - Add to smoothies
 - Roast, top with salt and pepper and serve as a side dish or on top of salad
 - Puree them in a blender or food processor and then mix them into mashed potatoes and you get purple mashed potatoes!
- **Fresh Tomatoes**
 - Add to grilled cheese sandwich
- **Cherry/Grape tomatoes**
 - Pop a few in your mouth for a sweet snack!
 - Slice and add to salad or pasta
 - Dip in low fat ranch sauce
- **Canned Tomatoes**
 - Make mini pizza on an English muffin with crushed canned tomatoes and cheese bake in oven at 350 F for 10 minutes.
 - Make a stew with canned tomatoes, eggplant, peppers, onions and chickpeas serve over rice.
- **Carrots**
 - Eat with ranch or another dipping sauce
 - Mix with olive oil, salt and pepper and roast at 350° for 45 Minutes
 - Maple glazed carrots: combine water, maple syrup, salt, pepper, unsalted butter and carrots into skillet and bring to a boil then simmer until tender
- **Canned Carrots**
 - Mash and add to potatoes

- Puree and heat up for instant soup!
- Mash and add to pasta sauce
- **Canned and Frozen Corn**
 - Add it to ramen noodle soup or oodles of noodles soup.
 - Put it into a corn muffin mix
 - Mix a can of corn with a can of tuna, tablespoon of mayo and mix well
- **Canned Asparagus**
 - Puree and add to mac and cheese
 - Puree and add to lasagna
- **Canned/Fresh Mustard Greens**
 - Sauté with garlic and bacon
- **Cucumber**
 - Cut into slices and eat with favorite dipping sauce
 - Cut into slices and put it on top of a hamburger
 - Sauté and add soy sauce or other sauces
- **Canned Peas**
 - Add to mac and cheese
 - Puree and add to tomato sauce
- **Canned Spinach**
 - Blend into tomato sauce and put on pasta
- **Frozen/Fresh Spinach**
 - Add to lasagna
 - Add to a smoothie
 - Add to mac and cheese
 - Use in salad instead of lettuce
- **Canned String Beans**
 - Heat and drain then add melted butter and parmesan cheese.
 - Add to salad
- **Kale**
 - Make chips!
 - Mix with salad greens and low fat dressing
- **Fresh String Beans**
 - Sauté in olive oil with salt and pepper
 - Steam and add to pasta salad
- **Eggplant**
 - Peel an eggplant and cut lengthwise into sticks. Toss in a bowl with 1 egg and 1/4 cup milk, then coat with bread crumbs. Bake at 400 degrees F. for 20 minutes and dip into tomato sauce or ketchup.
 - Make eggplant parmesan by cutting the eggplant; then add bread crumbs and cheese and bake for 10 minutes
- **Red Onion**
 - Chop and add to ramen noodles.
- **Frozen/Fresh Cauliflower**
 - Put in a blender or chop very finely and combine with butter, salt, pepper and cheese for mashed cauliflower
 - Roast with lemon, salt, pepper, garlic and parmesan cheese
 - Cut into slices and coat with olive oil, salt and pepper then roast in a 400° oven for 30 minutes

- Cut into florets, steam and top with cheese
- Canned/Fresh Mushrooms
 - Blend into their favorite sauce such as pesto sauce or tomato sauce
- Frozen/Fresh Onions
 - Sauté with butter and olive oil then add balsamic vinegar and salt
- Potatoes- White/ gold/purple
 - Mash with low fat milk
 - Make a baked potato with cheese and broccoli.
- Canned Potatoes
 - Make into a soup
- Fresh Butternut Squash/Frozen Butternut Squash
 - Remove the skin with a potato peeler and cut into bite size pieces, cover with olive oil salt and pepper and roast in the oven at 400 F for 20-30 minutes.
 - Roast the squash and then add it to a blender with 2 cups of water (add more if still too thick of a texture) and make a sauce for pasta or pizza.
 - Mash the squash with potatoes or sweet potatoes, add to soups, stews, omelets, pizza, quesadillas, tacos, burritos.
- Spaghetti Squash
 - Cut in half and place the squash cut side down in an oven safe baking dish with about 1 inch of water and roast in the oven for 45 minutes or microwave on high for about 12 minutes, microwave with holes all around.
 - After the squash is cooked, shred it out with a fork and add tomato sauce and cheese.
 - Make a spaghetti squash burrito! Add beans, tomatoes, onion, lettuce, avocado and salsa.
- Fresh Pumpkin
 - Cut pumpkin into small pieces and take out the seeds and strings. Place cut pumpkin skin side up in a large roasting pan and add ¼ inch water and bake uncovered for 1 hour at 300 F. When cooled cut away the skin and mash and use the same was as canned pumpkin.
- Frozen Pumpkin chunks
 - Boil the pieces for about 15-30 minutes until soft then add to soup or stew.
- Canned pumpkin (not pumpkin pie filling)
 - Add ¼ cup of canned pumpkin to your morning oatmeal.
 - Add the can to your morning pancakes for extra vitamins.
 - Add pumpkin to your omelet, add it to your chili.
 - Make a quesadilla by mixing 1/2 cup pumpkin and 1 tablespoon adobo sauce and adding it to a tortilla with cheese and baking until golden brown.
 - Add it into your mash potatoes or even mashed sweet potatoes.
 - Make pumpkin yogurt by mixing 1 cup vanilla Greek yogurt with 1/4 cup pumpkin.
 - Add in some pumpkin to your apple sauce.
- Acorn Squash
 - Cut the squash in half and scoop out the seeds. Bake at 350 °F for 35-40 minutes or until they are soft.
 - Add a piece of butter to the center and sprinkle with cinnamon or brown sugar.

An evaluation is included below. Please use it as you are able or instructed to do so.

Kid-Friendly Veggies MINI LESSON EVALUATION FORM

ID: (Campaign_Lesson_Location_Date_Sequence)				
Gender:	1=Male 2=Female	Ethnicity::	1=Hispanic 2=Non-Hispanic	
Race:	1=White 2=Black 3=Asian 4=Am. Indian 5=Nat.Hawaiian/Other Pacific Islander	Age:	1=Youth (5-17 years) 2=Adult (18-59 years) 3=Senior (60+ years)	
Pregnant or Parenting?			1=Yes; 0=No	
Did you learn anything new from this lesson?			1=Yes; 0=No	
Will you do anything differently after this lesson?			1=Yes; 0=No	

Lesson Concept	1=Yes; 0=No	
	Knowledge	Behavior
Vegetables		
1. Can help keep you regular		
2. Have no cholesterol		
3. Help you feel fuller longer with fewer calories		
4. Lower the risk of Type II diabetes		
5. Lower the risk of heart disease		
6. Lower the risk of some cancers		
7. Different colored veggies have different nutrients		
8. Different colored veggies have different health benefits		
9. It is important to eat a variety of different colors		
Eating More Vegetables		
10. New ways to cook vegetables		
11. New way to incorporate vegetables into other foods/meals		
12. New Vegetable to try		
13. How to incorporate more vegetables into diet/meals/other foods		
14. To encourage other family members/children to eat more vegetables		

Add Veggies to Your Plate!

Veggies come in a lot of colors. Why is that important?

- Different colors = different nutrients.
- The darker the color the more nutrients the veggie has!

Do you want to keep your kids healthy?

- They learn from watching you. Eat fruits and veggies and your kids will too.
- Let your kids be produce pickers. Help them pick fruits and veggies at the store.
- Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.
- When they come home hungry, have fruits and veggies ready to eat.
- Use frozen and canned veggies in addition to fresh
- Add cut veggies to pizza, omelets, or spaghetti sauce
- Add a mix of veggies to rice dishes, casseroles or burritos
- Make your own sweet potato or white potato fries
- Add extra colorful veggies to your salads and soups



Eat veggies that are all the colors of the rainbow for all the health-giving and disease protecting help that veggies have to offer!

To save money, buy veggies that are grown near where you live when they are in season from a farmers market!



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Vegetable often cost less if you buy them at Farmers' Markets when they're in season. Find a Farmers' Market near you by visiting: <http://jerseyfresh.nj.gov/find/community.html>
 Then go to www.snaped4me.org for some great recipes for in-season veggies!

 Spring	 Summer		 Fall		 Winter
<ul style="list-style-type: none"> • Arugula • Asparagus • Collards • Fava Beans • Lettuce • Mushrooms • Peas • Radishes • Rhubarb • Scallions • Spinach 	<ul style="list-style-type: none"> • Arugula • Asparagus • Basil • Beets • Broccoli • Broccoli Raab • Cabbage • Carrots • Cauliflower • Celery • Collards • Corn • Cucumbers • Eggplant • Fava Beans • Green Beans • Kale • Leeks • Lettuce • Lima Beans 	<ul style="list-style-type: none"> • Mushrooms • Okra • Onions • Peas • Peppers • Potatoes • Radishes • Rhubarb • Scallions • Snap Beans • Squash • Spinach • Sweet Corn • Tomatoes • Turnips • Winter Squash • Zucchini 	<ul style="list-style-type: none"> • Arugula • Basil • Beets • Broccoli • Broccoli Raab • Brussel Sprouts • Cabbage • Carrots • Cauliflower • Celery • Collards • Cucumbers • Eggplant • Escarole • Green Beans • Kale • Leeks • Lettuce 	<ul style="list-style-type: none"> • Lima Beans • Mushrooms • Okra • Onions • Peppers • Potatoes • Pumpkins • Radicchio • Radishes • Scallions • Snap Beans • Squash • Sweet Corn • Tomatoes • Turnips • Zucchini 	<ul style="list-style-type: none"> • Beets • Brussels Sprouts • Cabbage • Carrots • Celery • Kale • Leeks • Onions • Parsnips • Potatoes • Pumpkins • Rutabagas • Sweet Potatoes • Turnips • Winter Squash • Yams



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