



# Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson **5**

## Top five reasons to eat veggies every day!

1. Most are low in calories.
2. They have lots of nutrients.
3. They are quick to fix.
4. They make great and filling snacks.
5. They are great for on the go snacking.



**How can you make choosing veggies the easy choice for you and your family?**

**Be creative!** There are many veggies from which to choose, especially when using as veggie dippers for dips (recipes included).

- Carrot sticks
- Pepper rings
- Cauliflower florets
- Turnip sticks
- Mushroom slices
- Sugar snap peas
- Cherry or grape tomatoes
- Jicama chunks
- Broccoli florets
- Celery sticks

... the list is endless!

**Want your kids to reach for a healthy snack? Make sure veggies are easy to grab.**



## Use fresh, local veggies

Make a family outing to a farmers market near you. Let your kids be produce pickers. When they choose veggies, they are more likely to eat them. Sampling new veggies at farmers markets is one way to introduce new veggies to your children.

## Build a better baked potato



Want to make a totally new baked potato?

Instead of a white potato, bake a sweet potato! You and your family will enjoy the sweet taste and color that it adds to the plate. Add toppings suggested below.

## Choose a better baked potato topping

**Instead of butter or sour cream, choose these:**

- Fat-free or low-fat plain yogurt or the dip recipes in this newsletter
- Low-fat cheese
- Chili
- Vegetables like broccoli or green pepper
- Salsa
- Low-fat cottage cheese blended with spices or seasonings like pepper, garlic powder
- Black beans
- Stir-fried veggies

# Recipes

Sometimes when eating fresh veggies you need a dip. Here are two ideas. Add your own!

## Curry Dip

Makes  $\frac{3}{4}$  cup

**What you need:**

- 1 container fat-free or low-fat plain yogurt
- $1\frac{1}{2}$  teaspoons curry powder



**Directions:**

1. Wash hands and surfaces.
2. Stir curry powder into yogurt until blended.
3. Refrigerate leftovers immediately.

## Tex-Mex Dip

Makes 1 cup

**What you need:**

- 1 cup drained, rinsed canned kidney beans
- 2 teaspoons chili powder



**Directions:**

1. Wash hands and surfaces.
2. Mash beans with a fork until soft.
3. Add chili powder to beans. Mix.
4. Add a teaspoon of water if dip is too thick.
5. Refrigerate leftovers immediately.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

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