

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 ¾ cup

What you need:

- 1 container fatfree or low-fat plain yogurt
- 1½ 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.

Funded in part by USDA SNAP.

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

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance



Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211 • MU Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension, missouri, edu