

Name: _____ Date: _____

What is a nutrient?

Nutrients are the substances in food that help us grow, play hard, and stay healthy. Eating a variety of vegetables not only keeps meals interesting, but also helps the body get the nutrients it needs to be healthy. That's because different veggies have different amounts of vitamins, minerals, fiber, and protein. Eating from all five of the **MyPlate** vegetable subgroups each week helps us get the variety we need: **Dark Green Vegetables, Red and Orange Vegetables, Beans and Peas, Starchy Vegetables,** and **Other Vegetables.**

Cut out, fold, then tape or glue edges of flashcards together. Use them to test your knowledge about nutrients in fruits and veggies. Then quiz your friends and family!

<p>Clues</p> <ul style="list-style-type: none"> • Helps my body form red blood cells • Found in dark-green veggies (especially spinach), asparagus, Brussels sprouts, beans and peas, and oranges 	<p>(Vitamin) FOLATE (Also known as "Folic Acid")</p>
<p>Clues</p> <ul style="list-style-type: none"> • Helps my body heal cuts and scratches • Keeps my teeth and gums healthy • Found in fruits and veggies like oranges, grapefruits, kiwi, tomatoes, strawberries, bell peppers, potatoes, and broccoli 	<p>(Vitamin) Vitamin C</p>
<p>Clues</p> <ul style="list-style-type: none"> • Helps protect my eyes and skin • Found in dark-green veggies (like spinach and kale), red and orange fruits and vegetables (like carrots, cantaloupe, sweet potato, and tomatoes) 	<p>(Vitamin) Vitamin A</p>

FOLD



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<p>Clues</p> <ul style="list-style-type: none"> Keeps my muscles and nervous system working right Helps my body keep a normal heartbeat and blood pressure normal Found in fruits and veggies like bananas, dried apricots, cantaloupe, orange juice, sweet potatoes, white potatoes, white beans, kidney beans, tomato sauce, and spinach 	<p>Clues</p> <ul style="list-style-type: none"> My body uses it to carry oxygen from my lungs to the rest of my body Vitamin C helps my body absorb (take in) more of it Found in dried fruits (like raisins), beans and peas, and dark-green leafy vegetables (like spinach) 	<p>Clues</p> <ul style="list-style-type: none"> Gives me energy to run, jump, dance, and even blink my eyes Found in all fruits and veggies
<p>Potassium (Mineral)</p>	<p>Iron (Mineral)</p>	<p>Carbohydrate</p>

FOLD



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<p>Clues</p> <ul style="list-style-type: none"> • Provides energy and helps my body absorb (take in) certain vitamins • Liquid forms, like oils from avocados and olives, are heart healthy and provide some vitamins. • Solid forms (at room temperature), like butter and stick margarine, may be added when foods are prepared. Eating too much solid fat is not good for my heart. 	<p>Fats</p>
<p>Clues</p> <ul style="list-style-type: none"> • My body uses this to build healthy muscle, skin, bone, and tissue • Also used for energy • Found in beans and peas 	<p>Protein</p>
<p>Clues</p> <ul style="list-style-type: none"> • A type of carbohydrate that my body cannot digest, but has many overall health benefits • May lower my risk of heart disease and diabetes • Keeps food moving through digestive tract, and helps me feel full after eating • Found in most fruits and vegetables. Juicing and peeling lowers the amount of it in fruits and veggies. 	<p>Fiber</p>

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