

Vary Your Veggies Adult Activity Card

Root / Raíz



Vary Your Veggies Adult Activity Card

Stem / Tallo



## Root

- Roots take food and water from the soil and grow underground.
- Match with **carrot, potato, turnip, beet, parsnip, radish.**

## Stem

- Stems are the main plant support, which carry food and water to the entire plant and grow above ground.
- Match with **celery, asparagus.**

Vary Your Veggies Adult Activity Card

Flower / Flor



Vary Your Veggies Adult Activity Card

Leaf / Hoja



## Flower

- Flowers produce the seeds of the plant and grow on top of stems.
- Match with **broccoli, cauliflower.**

## Leaf

- Leaves are flat and green and grow from the stem.
- Match with **spinach, kale, lettuce.**

**Fruit / Fruta**

**Seed / Semilla**

## Fruit

- Fruits help protect seeds. They have seeds inside that can be planted to grow another plant.
- Match with **pepper, cucumber, tomato, squash, eggplant.**

## Seed

- Seeds are the starting points for all plants.
- Match with **corn, peas, beans.**

## Flavorful Fruit Adult Activity Card

True or False:

The best place to store ripe fruit is on the countertop.



## Flavorful Fruit Adult Activity Card

True or False:

You should wash fresh fruit before eating, even if it will be peeled.



**False:**

- The refrigerator is the best place to store ripe fruit (except bananas).

**True:**

- Always rinse fruit under cold running water before eating to remove germs and contaminants, even if it will be peeled.

## Flavorful Fruit Adult Activity Card

True or False:

**My child is too young to help in the kitchen.**



## Flavorful Fruit Adult Activity Card

True or False:

**Apples always turn brown when you cut them  
—no matter what.**



### **False:**

- Your 3 or 4 year old child can help with simple tasks such as ripping lettuce, setting the table, cutting soft fruit and vegetables with a plastic knife and stirring food.
- Helping in the kitchen encourages children to try new foods, builds self-confidence and helps with science and math learning.

### **False:**

- You can stop apples from turning brown by adding something acidic to them. Vinegar, lemon juice, pineapple juice work great. This also works for pears and bananas.

## Flavorful Fruit Adult Activity Card

True or False:

Adults and children only need to eat one fruit per day.



## Flavorful Fruit Adult Activity Card

True or False:

Eating a variety of colorful fruits is best for your health.



### **False:**

- Adults should eat 2 cups of colorful fruit per day. Children should eat at least 1 - 1 ½ cups of colorful fruit per day.
- One cup is about the size of a woman's fist.
- **Fresh, frozen, canned, and dried are all healthy choices.** When buying canned fruit, purchase fruit in 100% juice (not in syrup). If you cannot find fruit in 100% juice, pour fruit into a colander and rinse with water until the water runs clear.

### **True:**

- **Serve and eat a variety of colorful fruit every day. Fruit is high in nutrients and fiber, low in calories, and tastes good.**
- Encourage your child to create a rainbow on his or her plate.

## Flavorful Fruit Adult Activity Card

True or False:

**100% orange juice is a better choice than a real orange.**



## Flavorful Fruit Adult Activity Card

True or False:

**Buying fruit in season and canned fruit in 100% juice saves money.**



## False:

- **Choose whole fruit instead of juice.** You will get more fiber and feel fuller from eating the whole fruit.
- **If serving juice, serve no more than 6 ounces of 100% juice per day.**
- Too much juice can lead to obesity, cavities, and digestive problems for children.

## True:

- **Adding fruit to your meals and snacks does not have to cost extra money.** To save money on fruit:
  - purchase whole fruits and chop them yourself.
  - purchase store brands rather than more expensive brand name items.
  - look for weekly deals on all types of vegetables—fresh, frozen and canned.
  - buy fruits in season for the best price.
  - check the unit price to determine which package size is the best buy.
  - explore your local farmers' market for seasonal vegetables at a lower cost.
  - plan a weekly menu and make a shopping list.
  - find out more about how to enroll in or use Supplemental Nutrition Assistance Program (SNAP) at [myBenefits.ny.gov](http://myBenefits.ny.gov) or 800-342-3009.

## Growing Goodness Adult Activity Card

**Which fruits and vegetables do you purchase that are grown in New York? Hint: you may have seen them at a local farmers' market**



## Growing Goodness Adult Activity Card

**What are ways to save money when buying fruits and vegetables?**



- **Many fruits & vegetables are grown in New York State. Find them at New York City farmers' markets, which accept EBT cards.**
- Produce grown in New York State includes: fruits such as apples, blackberries, blueberries, cantaloupes, cherries, grapes, peaches, plums, raspberries, strawberries and vegetables such as broccoli, cabbage, carrots, cauliflower, corn, cucumbers, onion, pumpkins, snap peas, squash, tomatoes.
- Remember, **eat colorful fruits and vegetables every day.** Children and adults need to eat a lot of colorful fruits and vegetables each day for improved health and growth. Adults should eat at least 2 1/2 cups of vegetables and 2 cups of fruit each day. Children should eat at least 1 1/2 cups of vegetables and 1-1 1/2 cups of fruit each day.

- **Buy fresh vegetables and fruits in season for the best quality and price.** When you buy fresh produce in season, the price, taste and quality are better.
- Explore your local farmers' market for seasonal produce at lower cost.
- Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another.
- Find out more about how to enroll in or use Supplemental Nutrition Assistance Program (SNAP) at [myBenefits.ny.gov](https://myBenefits.ny.gov) or 800-342-3009.

## Growing Goodness Adult Activity Card

How do you safely prepare fruits and vegetables at home?



## Growing Goodness Adult Activity Card

Where do you buy local produce?



- Using the same cutting board for meats and vegetables is not safe. Do not chop produce on a cutting board that was used to chop meat, fish or poultry. If you only have one cutting board, make sure to wash the cutting board in hot, soapy water before using it for produce.
- **Wash all fresh produce under cold, running water before eating.** This is important even if the fruit or vegetable will be peeled or cooked. Washing helps remove clinging soil, germs and pesticides.
- Wash hands thoroughly before cooking or eating and whenever they become contaminated. Encourage your child to wash their hands when coming in from outside and before a meal.

- To search for a farmers' market near you, visit [nyc.gov](http://nyc.gov) (keyword: farmers' markets).
- The NYC Department of Health and Mental Hygiene offers **Health Bucks** at participating farmers' markets (for every \$5 EBT purchase, you will get \$2 back to use at the farmers' market). To learn more, visit [nyc.gov](http://nyc.gov) (keyword: Health Bucks).