

**Jr. Chef Club II**  
**Cooking with Colors I -**  
**Vary Your Veggies**  
**Lesson 5**



**Vary Your Veggies Worksheet**

After visiting each of the vegetable stations, answer the following questions.

1. The information from the Leafy Greens station is listed below. Use it to figure out how much of each food you would need to eat to get the same amount of calcium as in one cup of milk? (Hint: Divide the amount of calcium in milk by the amount of calcium in each item.) State the amount needed in *cups*.

<b>Food</b>	<b>Amount of Calcium</b>	<b>Amount Needed (in cups)</b>
Milk:	300 milligrams calcium in one cup	_____
Collard greens:	100 milligrams calcium in ½ cup cooked collard greens	_____
Turnip greens:	100 milligrams calcium in ½ cup cooked turnip greens	_____
Bok Choy:	80 milligrams calcium in ½ cup cooked Bok Choy	_____
Swiss chard:	50 milligrams calcium in ½ cup cooked Swiss chard	_____
Kale:	50 milligrams calcium in ½ cup cooked kale	_____
Broccoli:	50 milligrams calcium in ½ cup cooked broccoli	_____

2. Write a paragraph explaining to an adult at home the difference between sweet potatoes and yams. Use the back of this sheet if you need more room.

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3. Legumes are rich in what mineral? \_\_\_\_\_

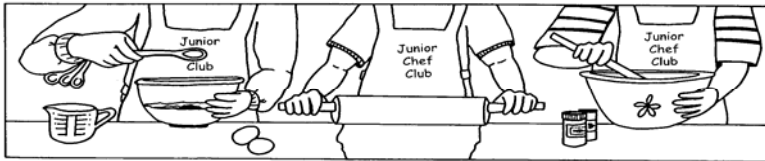
What does that mineral do in your body? \_\_\_\_\_

4. Which type of sweet potato has the most nutrients? \_\_\_\_\_

5. How much green leafy vegetable do you need to eat each week? \_\_\_\_\_

6. List one "other" vegetable and something interesting about it: \_\_\_\_\_

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.



# Jr. Chef Club II

## Cooking with Colors I

### Vary Your Veggies

#### Lesson 5



## Daily Log

**Aim for 1-1/2 to 2-1/2 Cups Each Day**

**Directions:** Write the name of the vegetables you ate under the day you ate it.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
At breakfast?							
How much?							
Morning snack?							
How much?							
Lunch?							
How much?							
Afternoon Snack?							
How much?							
Dinner?							
How much?							

### How Did I Do?

Write a paragraph telling your teacher what you noticed about when, how many and how often you ate vegetables in the past week. How do the amounts and types of vegetables you ate compare to the recommendations of what to eat? Make a plan to eat the amount and type of vegetables that you need. Use the back of the sheet for more room.

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