

Vary Your Veggies

Vary Your Veggies

Audience: Teachers, Cooks & Administrators

Preparation Time

Activity 1: 10 min
Activity 2: 20 min
Activity 3: 30 min

Duration of Lesson

Introduction: 10 min
Activity 1: 20 min
Activity 2: 20 min
Activity 3: 25 min
Closing: 5 min

Handout

*How Much Do You
Like These
Vegetables?*

Goal

To increase knowledge of the importance of eating fresh vegetables and to increase the variety of vegetables on the child care center menu.

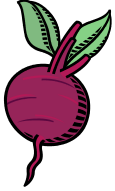
Participant Objectives

Participants will:

1. Describe at least two benefits of eating a variety of vegetables, especially colorful vegetables.
2. List two ways to encourage children to try new vegetables.
3. Name at least one way to include a wider variety of vegetables in their child care center menu without increasing cost.
4. Describe how to purchase, store and safely prepare at least one new vegetable on the child care center menu.





Points To Cover/Trainer's Notes

Points to Cover	Trainer's Notes
<p>Benefits of eating a variety of colorful vegetables</p> 	<p>Everyone knows that vegetables are good for us, but few of us get the recommended amount of vegetables each day. The <i>5-a-Day</i> program has been replaced with <i>Fruits and Veggies, More Matters</i>. With vegetables, more is better.</p> <p><i>MyPyramid for Preschoolers</i> recommends that children eat 1 1/2 cups of vegetables per day. Vegetables provide nutrients important for good health such as vitamin C and vitamin A. Vegetables come in a variety of colors.</p> <p>Children should eat as many colors as possible to get the all the health benefits of vegetables. Consumption data for 2003 for fruits and vegetables: 24% red; 24% orange/yellow, 26% green, 23% white, 3% blue/purple.</p> <p>Many vegetables have phytochemicals, such as lycopene, which serve as protection for the plant and appear to provide many positive health benefits to us when we eat them. Most of us are familiar with the tomato/lycopene/prostate cancer link. Eating vegetables may also help reduce the risk for heart disease, type 2 diabetes and certain cancers.</p>
<p>Purchasing vegetables</p>	<p>Fresh is best. Fresh vegetables have the best texture and can be very nutritious. Choose fresh vegetables when they are in season. That is when they are less expensive and most flavorful. New York</p>

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<p>Purchasing vegetables (continued)</p>	<p>State produces a variety of vegetables and many of us have access to a farmer’s market or farm stand. Purchase fresh vegetables locally whenever possible.</p> <p>When fresh vegetables are not available, consider canned or frozen vegetables. Stock up when they are on sale. Use the Nutrition Facts label to compare brands of frozen vegetables for sodium content, as these amounts can vary between brands. Rinse canned vegetables before using to decrease the amount of sodium they contain. When possible, select sodium-free or lower sodium vegetables.</p>
<p>Storing vegetables</p> 	<p>Great taste begins with proper storage. Use the First In, First Out (FIFO) rule. Use oldest inventory first and rotate stock to ensure freshness and reduce waste and costs. FIFO applies to all types of vegetables; fresh, frozen, canned and dried.</p> <p>Frozen loose-pack vegetables, such as mixed, should not be thawed before using. Dense-pack frozen vegetables like chopped broccoli or spinach can be partially thawed before cooking. Fresh vegetables are best used the day of purchase or within several days.</p> <p>However, there are no general rules because all vegetables have different requirements. Refer to <i>Fruits and Vegetables Galore</i> for information on purchasing and storing different fresh vegetables.</p>
<p>Increasing children’s acceptance of new vegetables</p> 	<p>Since vegetables are not as sweet as fruits, it may be more of a challenge to get children to try them. Some feeding information for infants suggests introducing vegetables before fruits so the sweet taste is not a preference.</p> <p>Parents often say that they are concerned about their children not eating vegetables. 96% of children ages 2-12 do not eat the recommended amount of fruits and vegetables. As with any new food, you can help by being a good role model and eating with the children.</p> <p>Adults should try new vegetables themselves. Experiment with cooking vegetables in different ways but avoiding frying. Make vegetables visually appealing, as we eat with our eyes.</p>

Activities

- Activity 1: Are We Eating Our Colors?
- Activity 2: Taste the Difference
- Activity 3: Salad Bowl Luncheon

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Closing

1. Review participant objectives.
2. Discuss the next class.

References

Fruits and Vegetables Galore

Produce for Better Health: Fruits and Veggies More Matters

Tickle Your Appetite

www.mypyramid.gov



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Activity 1: Are We Eating Our Colors?

Preparation Time: 10 min

Activity Time: 20 min

Supplies

vegetable rainbow poster
paper food models
photocopies of the child care center's menu for one month
photocopies of *How Much Do You Like These Vegetables?* handout



Preparation Prior to Class

1. Photocopy appropriate number of handouts and menus.
2. Post the vegetable rainbow poster on the wall.

Implementation

1. Review *MyPyramid for Preschoolers* recommendations for vegetables and the benefits of eating a variety of colorful vegetables. (See: Benefits of eating a variety of colorful vegetables*)
2. Refer to the vegetable rainbow poster and review the color categories on the poster: red, orange/yellow, green, white, and purple/blue.
3. Distribute a copy of the child care center's menu to each participant.
4. Ask the group to call out the different vegetables currently served on the child care center menu.
5. Have a volunteer put a paper food model of those vegetables on the appropriate color stripe on the rainbow. Continue until all the vegetables on the menu are on the poster.
6. Share 2003 consumption data for fruits and vegetables. Discuss the health benefits of eating a variety of colorful vegetables. Many vegetables have phytochemicals which appear to provide many positive health benefits to us when we eat them. Eating vegetables may also help reduce the risk for heart disease, type 2 diabetes and certain cancers. (See: Benefits of eating a variety of colorful vegetables)
7. Have the group identify those colors that are well represented on their vegetable rainbow. Ask the group to identify those colors that are not well represented.
8. Ask each participant to give an example of a vegetable for a color that is currently under-represented on the rainbow.
9. Discuss how to incorporate that vegetable on the child care center's menu. For example; serve it plain, add it to a dish already on the menu.
10. Distribute the *How Much Do You Like These Vegetables?* handout and have participants take a few minutes to complete it.

* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

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Activity 1: Are We Eating Our Colors?

Preparation Time: 10 min

Activity Time: 20 min

11. Discuss with the group the importance of modeling acceptance of vegetables. Would they be willing to try a new vegetable? (See: [Increasing children's acceptance of new vegetables](#))
12. Discuss what the center might do to encourage children to try new vegetables at the center.
13. Ask each participant to name one way they could introduce a new, colorful vegetable at the child care center.




Additional Discussion during the Activity

- Remember that new food has to be offered repeatedly so children can become familiar with it.
- Get the children's input on what vegetables to include on the menu.
- Buy local fresh produce in season for the best price and quality. (See: [Purchasing vegetables](#))
- Shop early at the farmer's market for the best selection. Compare prices, selection and quality before purchasing.
- When fresh vegetables aren't available, consider canned, frozen, or dried vegetables. (See: [Purchasing vegetables](#))
- If a cultural food is grown locally, talk with the grower about how the food can be used in the menu.
- Review proper handling and storage of produce. (See: [Storing vegetables](#))



How Much Do You Like These Fruits & Vegetables?

Please bubble your answer ●



	I do not like this 	I like this a little 	I like this a lot 	I don't know what this is 
Acorn Squash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asparagus.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocados.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cherries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked Greens.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried Plum.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green Beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mandarins (Tangerines)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Melons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mushrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nectarines.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peppers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persimmons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plums	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad Greens.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Zucchini.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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How to select, store, and use locally grown vegetables



Vegetables are listed chronologically by harvest dates.


VEGETABLE	SELECTION	STORAGE	HOW TO USE
<p>Radishes – are harvested and available from the beginning of May until the middle of November.</p>	<p>Choose smooth, crisp, well-formed radishes, without black spots. If bought with the greens still attached, the greens should be fresh and have a bright color.</p>	<p>Radishes should be stored in the refrigerator and are best if use within two weeks.</p> 	<p>Radishes should be scrubbed and washed with cold water. Trim tops and bottoms. Do not peel. Can eat radishes as is or add to salads.</p>
<p>Asparagus – harvested and available mid May through mid June.</p> 	<p>Choose spears that are crisp, round and straight, with tight pointed tips that have not begun to flower. Choose asparagus spears that are the same thickness so that cooking time will be similar. Spears that are flat are usually tough.</p>	<p>Asparagus should be stored in the refrigerator in a plastic bag and used within 3-5 days.</p>	<p>Wash well and trim off about an inch at the end of the spear if it is tough. Asparagus are best when steamed until just tender. They can be laid flat in a steamer or stood upright in a tall pot in about 1 inch of water. Cook them for 4 to 7 minutes or until they are tender. Serve as a hot vegetable or as a cold ingredient in salads.</p>
<p>Lettuce – harvested and available from mid May until mid October.</p>	<p>Choose crisp, brightly colored lettuce that does not have yellow, wilted, or dry leaves.</p>	<p>Lettuce should be stored in a plastic bag in the refrigerator and is best if used within 3-5 days.</p>	<p>Remove individual leaves and wash well. Pat or spin it dry before using. Lettuce is usually eaten raw in salads or on sandwiches.</p>

VEGETABLE	SELECTION	STORAGE	HOW TO USE
<p>Spinach and other greens (Swiss chard, beet, collard, mustard) – harvested and available mid May through mid October.</p>	<p>Choose crisp leaves with a good green color and fresh odor.</p>	<p>Green should be stored in the refrigerator in a plastic bag and are best if used within 3 days.</p>	<p>Wash leaves well to remove sand and grit. All greens can be served steamed. Spinach and Swiss chard can be eaten raw or added to salads.</p>
<p>Broccoli – harvested and available from the beginning of June until the end of October.</p>	<p>Choose broccoli with compact, firm cluster of flower buds that have not opened, also look for dark green leaves and stems.</p>	<p>Refrigerate unwashed broccoli in a plastic bag for one week.</p>	<p>Wash broccoli, remove tough stems. Eat raw or steamed.</p>
<p>Peas – harvested and available the beginning of June until the end of July.</p> 	<p>Pick pods that are crisp, green, and not too fat (large peas are old and tough).</p>	<p>Whole peapods should be stored in a plastic bag in the refrigerator and are best if used within 3-5 days.</p>	<p>Shell peas can be cooked in their shells or shelled first and then steamed or boiled. Snow peas or sugar snap peas can be eaten shell and all, raw as well as cooked.</p>
<p>Cabbage – harvested mid June until the beginning of December, available from mid June until mid February.</p>	<p>Choose firm heavy cabbages that are free of yellowing leaves, splits or soft spots.</p>	<p>Cabbages should be stored in the refrigerator and used within 2 weeks.</p>	<p>Wash well and remove wilted leaves. Steam or stir fry or eat raw as in coleslaw or as an addition to salads.</p>
<p>Beets – harvested and available from mid June until the end of November.</p>	<p>Choose firm, smooth beets with a deep red color, and fresh looking tops if available. Choose beets that are the same size.</p>	<p>Beets should be stored in the refrigerator and are best if used within 2 weeks.</p> 	<p>Wash beets well. Beet greens should be removed but leave an inch or two of the stem. Do not peel beets until after they are cooked. Cool cooked beets slightly and rub off their skins.</p>

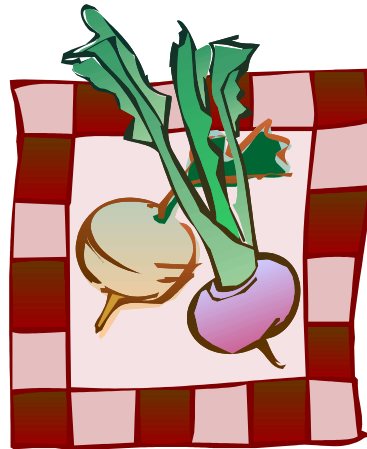
VEGETABLE	SELECTION	STORAGE	HOW TO USE
Summer squash – harvested and available from the last week of June until mid October.	Choose squashes on the small side that are crisp and free of soft spots and wrinkle skin.	Summer squash should be stored in the refrigerator and are best if used with one week.	Wash well. Do not peel, just cut off the ends. This squash can be eaten raw or cooked.
Beans – Green, wax, snap, string beans- harvested and available from the beginning of July until mid October.	Choose slender, smooth, crisp beans with slightly velvety pods and a bright color. Choose beans without big seeds (these are older, tougher beans).	Beans should be stored in the refrigerator in a plastic bag and are best if used within 3-5 days.	Wash well and remove stems. Serve cooked. 
Cauliflower – harvested and available the months of July and August and then again from the beginning of October until the middle of December.	Choose clean, white, firm heads without spots or bruises. Avoid those with open flower clusters.	Cauliflower should be stored in the refrigerator in a plastic bag and is best if used within one week.	Wash well, separate into flowerettes. Enjoy flowerettes raw or cooked.
Potatoes – harvested from the beginning of July until the end of October. Available from the beginning of July until the end of April.	Choose firm and fairly smooth potatoes. Avoid potatoes that have sprouted or have wilted or wrinkled skin, cut surfaces, green or dark areas.	Store in a cool, dry, dark place. Do not wash before storing. Do not refrigerate, and store away from onions.	Wash well. Potatoes can be steamed, boiled, baked, roasted, or microwaved. 
Celery – harvested and available from mid July to mid November.	Choose crisp bunches of celery with fresh green leaves.	Celery should be stored in the refrigerator. If wrapped in plastic, it usually lasts 2 weeks. It will last longer if wrapped in aluminum foil.	Wash well and trim ends. Can be eaten raw or cooked.

VEGETABLE	SELECTION	STORAGE	HOW TO USE
<p>Corn – harvested and available from mid July to mid October.</p> 	<p>Look for fresh green husks with tassels and no decay. Avoid corn with discolored or dry looking husks, stem ends or kernels. Check that ears are free of worm injury. Cobs with small, shiny kernels are generally sweeter and tenderer than those with large, deep yellow, dull kernels.</p>	<p>Refrigerate the ears of corn in their husks until ready to cook. It is not necessary to wash corn before cooking. Use within a few days.</p>	<p>Corn is best cooked as soon after picking as possible. Husk just before cooking. Serve as corn on the cob or cut kernels off the cob.</p>
<p>Cucumbers – harvested and available from mid July to mid October.</p>	<p>Choose firm, green and slender cucumbers that do not have soft spots and wrinkled skin.</p>	<p>Cucumbers should be stored in the refrigerator and are best if used within 1 week.</p>	<p>Wash well and remove ends. Cucumbers are almost always eaten raw with or without the skin.</p>
<p>Peppers – harvested and available from mid July to mid October.</p> 	<p>Choose firm, smooth peppers that have good color and shape and do not have soft spots or wrinkled skin.</p>	<p>Peppers should be stored in the refrigerator and are best if used within 3-5 days.</p>	<p>Wash well and remove seeds and stem. Can slice into strips or chunks and serve raw or serve cooked.</p>
<p>Tomatoes – harvested and available from mid July to mid October.</p>	<p>Choose firm, unblemished fruit with a smooth skin and a distinct tomato smell.</p>	<p>Store at room temperature for up to 5 days.</p>	<p>Wash well, remove stem if present. Serve raw or cooked in your favorite recipe.</p>
<p>Eggplant – harvested and available from mid July to mid October.</p>	<p>Choose firm, heavy eggplant that is even colored, has shiny skin and is free of scars.</p>	<p>Eggplant should be stored in the refrigerator and is best if used within a week.</p>	<p>Wash well and trim top. As eggplant ages, the skin becomes bitter and may require peeling. Can be broiled, baked, sautéed, steamed, stewed or fried.</p>

VEGETABLE	SELECTION	STORAGE	HOW TO USE
<p>Onions – harvested the end of July until mid October, available from the end of July until the end of April.</p>	<p>Choose onions that are firm and have a hard dry skin. Avoid onions that have soft spots or sprouts.</p>	<p>Store in a cool, dark, dry place. They may need to be refrigerated in the summer. Do not store near potatoes.</p>	<p>Remove the papery skin and first layer before using. They can be eaten raw or cooked; whole, chopped, sliced, boiled, baked or sautéed.</p>
<p>Turnips – harvested from the end of July until the end of November, available from the end of July until the end of March.</p>	<p>Choose small, firm turnips that are free of scars or cracks.</p> 	<p>Turnips should be stored in the refrigerator and are best if used within 1-2 weeks.</p>	<p>Wash and peel, trim off top. Turnip can be eaten raw or cooked.</p>
<p>Carrots – harvested the beginning of August until the end of November, available from the beginning of August until mid April.</p>	<p>Choose carrots that are firm, smooth, evenly shaped and without cracks.</p>	<p>Carrots should be stored in the refrigerator wrapped in plastic and are best if used within 1-2 weeks. Remove greens if still attached.</p>	<p>Wash well, and remove top. Carrots can be eaten raw or cooked.</p>
<p>Winter squash (acorn, butternut, buttercup, Hubbard, spaghetti) – harvested from September until the middle of November, available from September until the end of March.</p>	<p>Choose firm, well-shaped squash that are heavy for their size and have a hard, smooth, tough skin. Do not choose those that are sunken or have moldy spots.</p>	<p>Store in a cool dry place for up to 3 months.</p> 	<p>Wash and remove seeds. Cut into quarters or smaller pieces. Boil, steam, or bake. Can peel before cooking if desired. The skin is inedible.</p>

VEGETABLE	SELECTION	STORAGE	HOW TO USE
<p>Pumpkins – harvested and available from mid September until the end of November.</p>	<p>The smaller pumpkins are better for cooking. Choose firm, well-shaped pumpkins that are heavy for their size and have a hard, smooth, tough, bright orange skin. Do not choose those that are sunken or have moldy spots.</p>	<p>Store in a cool dry place for up to 1 month.</p> 	<p>Wash and remove seeds. Cut into quarters or smaller pieces. Boil, steam, or bake. Can peel before cooking if desired. The skin is inedible. The seeds can be washed, and then roasted on a cookie sheet.</p>

Adapted from The Market Basket Fresh Fruit and Vegetable Guide



Vary Your Veggies

Audience: Teachers, Cooks & Administrators

Activity 2: Taste the Difference

Preparation Time: 20 min

Activity Time: 20 min

Ingredients

One or two vegetables canned, frozen and fresh. Possible vegetables:

- carrots
- corn
- green beans
- peas
- spinach



NOTE: Use low-sodium varieties of canned vegetables.

Supplies

easel
easel pad
photocopies of Nutrition Facts labels for the selected canned and frozen vegetables.
hot plate
cooking dishes
serving bowls
small soufflé cups
teaspoons
napkins

Preparation Prior to Class

1. Obtain nutrition information on the fresh vegetable(s) you have selected and write the information on the easel pad.
2. Photocopy Nutrition Facts labels from the canned and frozen vegetables you have selected.
3. Calculate the cost of one serving of each type of vegetable and write the information on the easel pad.
4. Assemble the easel and place the pad on the easel.
5. Prepare the vegetable(s) that you have selected and keep warm on the hot plate until ready to serve.

Implementation

1. Ask the participants to wash their hands.
2. Explain that today they will be sampling vegetables that are available in different forms; canned, frozen and fresh. Discuss that based on availability and cost, they may need to purchase vegetables in different forms. (See: Purchasing vegetables*)
3. Review *MyPyramid for Preschoolers* recommendations for vegetables and the benefits of eating a variety of colorful vegetables. (See: Benefits of eating a variety of colorful vegetables)
4. Present each participant with one sample of each vegetable, a napkin and a teaspoon.
5. Encourage, but do not force, participants to taste each vegetable.
6. While participants are sampling, review proper storage and handling of vegetables. (See: Storing vegetables)
7. After the participants have tasted the samples, ask them their opinions of the

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Activity 2: Taste the Difference

Preparation Time: 20 min

Activity Time: 20 min

vegetables they tried.

8. Compare the information on the Nutrition Facts labels for the canned and frozen vegetables. Share the nutrition information on the fresh version that you have written on the easel pad.
9. Share with the group the per-serving cost of each form of the selected vegetable(s). Discuss the advantages and disadvantages of purchasing each form.

Additional Discussion during the Activity

- Buy local fresh produce in season for the best price and quality. (See: Purchasing vegetables)
- Shop early at the farmer's market for the best selection. Compare prices, selection and quality before purchasing.



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Activity 3: Salad Bowl Luncheon

Preparation Time: 30 min

Activity Time: 25 min

Ingredients

salad greens
vegetables of choice appropriate for
salads, such as:

- cucumbers
- tomatoes
- carrots
- garbanzo beans
- jicama

low-fat/low-sodium salad dressing

NOTE: Include a combination of
traditional and more unusual vegetables
in your ingredients.

Supplies

single use disposable gloves
colander
cutting sheets
knives
vegetable peelers
serving bowls
salad tongs
spoons
salad bowls
forks
napkins



Preparation Prior to Class

1. Wash and drain lettuce, and wash other raw vegetables if participants will not have access to a kitchen sink.
2. Place ingredients needed in one container and supplies needed in another container.
3. Place the ingredient containers in the refrigerator to chill before class.

Implementation

1. Review *MyPyramid for Preschoolers* recommendations for vegetables and the benefits of eating a variety of colorful vegetables. (See: Benefits of eating a variety of colorful vegetables*)
2. Ask participants to wash their hands and have them put on single use disposable gloves.
3. Tell participants that they will be preparing a salad bar today using a variety of vegetables. Some of the vegetables may be familiar to them and some may be new.
4. Have participants assist in cleaning and chopping vegetables and placing them in serving bowls/dishes.
5. While participants are working, discuss the vegetables that are being prepared. Are any of them new or unfamiliar?
6. Discuss the importance of eating with the children and modeling trying new vegetables. (See: Increasing children's acceptance of new vegetables)
7. Explain that the salad bar could be the fruit and vegetable component of a CACFP reimbursable lunch.

* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

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Activity 3: Salad Bowl Luncheon

Preparation Time: 30 min

Activity Time: 25 min

8. When the salad bar is ready, have each participant assemble their own salad.
9. Encourage, but do not force, participants to try new and unfamiliar vegetables.
10. After the participants have eaten their salads, ask them their opinions of the vegetables they tried.
11. Ask the group to offer suggestions on how they could include a salad bowl luncheon activity at the child care center.

Additional Discussion during the Activity

- Buy local fresh produce in season for the best price and quality. (See: Purchasing vegetables)
- Shop early at the farmer's market for the best selection. Compare prices, selection and quality before purchasing.
- Remember that new food has to be offered repeatedly so children can become familiar with it.
- Get the children's input on what vegetables to include in the salad bar.
- Have children assist in preparing the salad bar by bringing ingredients from one place to another, shaking salad dressing, taking serving bowls to the table, etc.
- Review proper handling and storage of produce. (See: Storing vegetables)

