

PASS THE PEAS, PLEASE

Nutrition Facts

Serving Size: ½ cup green peas, cooked (80g)
 Calories 62 Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	
Vitamin A 34%	Calcium 2%
Vitamin C 13%	Iron 7%

Source: www.nutritiondata.com



Plant Parts: What are Green Veggies?

Plants have many different parts. These include the roots, stems, leaves, flowers, fruits and seeds. Peas (or seeds) are usually found in pods that grow from vines or stems. Complete the following activity to learn more about green veggies and from what part of the plant they come.

(possible answers below)

- List on the lines below as many green veggies as you can.
- Underline the green veggies that are seeds.
- Draw a circle around the ones that are leaves.
- Draw a box around the ones that are stems.
- Draw two lines under the veggies that are flowers. (Hint: broccoli)
- Place a star ☆ next to your favorite green veggie.

Possible answers: 2) seeds – peas, green beans; 3) leaves – lettuce, spinach, bok choy, collard greens; 4) stems – celery, asparagus; 5) flowers – broccoli, Brussels sprouts

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Peas are in the green group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Green peas, snow peas, sugar snap peas, collard greens, spinach, cactus leaf, seaweed, green tomatoes, kiwifruit and honeydew melon.

How Much Do I Need?

A serving of peas is about one-half cup cooked green or edible-pod peas. This is about one cupped handful. Try to reach your total number of cups each day.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5 - 12	Teens, Ages 13 - 18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, try to eat the higher number of cups for your age.

To learn more, visit www.mypyramid.gov/kids.

