

# What We Learned Today

## Vary Your Veggies

During today's ChildcareAlive! activity, your child learned about many different kinds of vegetables. Just think of all the varieties of vegetables that exist; even bell peppers come in many colors! All vegetables work together to keep us healthy.



Try thinking of vegetables like the colors of a rainbow, with each color helping our bodies in a different way:

### Red:

Keeps hearts healthy and reduces cancer risk

**Examples:** red peppers, radishes, tomatoes

### Orange/Yellow:

Develops healthy eyes and immune system

**Examples:** carrots, sweet potatoes, squash

### Green:

Protects against cancer

**Examples:** asparagus, spinach, cucumbers

### Blue/Purple:

Reduces risk of cancer and heart disease

**Examples:** Eggplant, blueberries

### White:

Helps lower cholesterol and blood pressure

**Examples:** cauliflower, garlic, onions, mushrooms

### Parent Tip:

*Try to serve your children at least 2 different colors of vegetables each day.*

## Do the Dip

Today we made a veggie dip using yogurt. Unlike salad dressings or other traditional veggie dips, this one contains less fat and more calcium because it is made with yogurt. Research shows that children are more likely to try a vegetable if they have a dip!

Try making it at home with your child. Remember to dip a variety of colors.



### Vegetable Dip

8 oz low-fat sour cream

8 oz plain non-fat yogurt  
(either regular or Greek)

1, 0.4 oz packet of Ranch Dry  
Salad Dressing Mix

Mix all ingredients together and refrigerate. Serve with cut-up vegetables, such as green beans, bell peppers, broccoli, carrots, or celery.  
*Makes about 16, 2 Tbsp-size servings.*

# Veggie Draw

Today, your child learned about vegetables, which grow from plants, come in lots of colors, and help keep us healthy. In the space below, help your child draw their favorite vegetable. Try to use as many colors as possible!



## Veggie Recipes

### Sunrise Smoothie

#### Ingredients:

- 1 cup blackberries, fresh or frozen
- 1 cup strawberries, fresh or frozen
- 1 cup orange juice
- 1 cup vanilla fat-free yogurt
- ½ cup fresh spinach



#### Directions:

Place all ingredients in a blender. Cover and blend until smooth. Pour into glasses and serve immediately (you may also pour into popsicle molds and freeze to enjoy as a frozen treat). Makes 4 servings.

Photo and Recipe Source: North Dakota State University Extension Service. Available at <http://www.ag.ndsu.edu/foodwise>

### Bell Pepper Pizza

#### Ingredients:

- 4 pieces pita bread (wheat preferred)
- ¾ cup marinara sauce
- 1 ¼ cup shredded mozzarella cheese
- 1 red pepper, sliced into thin strips



#### Directions:

Preheat oven to 400° F. Spread a spoonful of pizza sauce over each piece of pita bread. Top each pita with shredded cheese and red pepper pieces. Place pitas on baking sheets and place in preheated oven. Bake at 400° F for 10 minutes, or until cheese is melted. Makes 4 pita pizzas. Suggestion: If available, use different colored peppers on your pizza. Also try topping with onions, chicken, or chopped broccoli.

Source: "LANA'S Favorite Recipes: LANA Preschool Program -Minnesota Department of Health. Available at: [www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/nutritioneducation/lana/tastingActivities.html](http://www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/nutritioneducation/lana/tastingActivities.html)