

Information for Trainers on Fruit and Vegetables

The learner will be able to:

1. Describe the key nutrients in fruits and vegetables.
2. Describe how the nutrients benefit the body.
3. Recognize the recommended portions of fruits and vegetables for young children.
4. Identify a variety of fruits and vegetables to offer young children.

Fruit & Vegetable Group	
Child Centered Phrases	<ul style="list-style-type: none"> • Make you feel good! • Keep you from getting sick! • Are good for your skin and make your hair shiny! • Protect the body from disease! • Are good for your heart!
Food Specific Phrases	<ul style="list-style-type: none"> • Carrots help you see. • Broccoli will keep you from getting sick. • Oranges will help you heal scrapes and bruises. • Oranges and tangerines are good for your teeth and gums. • Tomatoes keep your heart healthy. • Bananas help your muscles. • Blueberries keep you from getting sick.
Nutrients	<ul style="list-style-type: none"> • Carbohydrates (provide energy) • Beta carotene (needed for healthy eyes, skin, digestive & urinary tract) • Fiber (prevents constipation, regulates blood sugar, reduces the risk of colon cancer, & makes you feel full) • Folic acid (needed for the production of blood cells & a healthy nervous system) • Manganese (needed in enzyme activation, & skeletal development) • Potassium (involved in fluid balance, & needed for a healthy heart & nervous system) • Riboflavin (involved in the metabolism of fat, carbohydrate, & protein, & in cell respiration, the formation of antibodies & red blood cells) • Vitamin A (needed for healthy eyes, skin, & digestive & urinary tract) • Vitamin C (needed in collagen formation, for healthy teeth, strengthening blood vessels, healthy connective tissue, & to enhance the immune system) • Vitamin E (maintains cells membranes, protects cells, & is involved in red blood cell formation) • Vitamin K (involved in blood clotting)
Adult Centered Phrases	<ul style="list-style-type: none"> • Potassium helps to regulate blood pressure. • Antioxidants help to reduce inflammation. • Fruits and vegetables reduce your risk of chronic disease: heart disease and cancer. • Fiber makes it easier to manage blood glucose levels. • Eating fruits and vegetables help to maintain your weight.

CDC links to:

Fruits and vegetables

Need some ideas for adding more fruits and vegetables to your daily diet? (Link to Fruit & Veggies Matter)

Not sure how many fruits and vegetables you should be eating each day? (Link to fruit and veggies calculator and ChooseMyPlate.gov)

Curious as to whether fruits and veggies can help your weight? (Link to brochure)

MyPlate links to:

Help your child learn to eat and enjoy a variety of vegetables and fruits.

What are types of fruits and vegetables?

What counts as a serving of fruit and vegetables?

What are some tips to help everyone eat more fruits and vegetables?

How to prepare fruits and vegetables to prevent choking hazards.

