Manager’s Corner

Red/Orange Vegetables Subgroup in School Meals

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Institute of Child Nutrition
The University of Mississippi

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PURPOSE
Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION
Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION
Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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Professional Standards

GENERAL NUTRITION – 1300

Employee will be able to understand the Dietary Guidelines for Americans, USDA’s food guidance system concepts and general nutrition principles.

1310 – Relate the Dietary Guidelines and USDA’s food guidance system (such as MyPlate) concepts to the goals of school nutrition programs.

1320 – Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.

Introduction

Manager’s Corner: Red/Orange Vegetables in School Meals is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. Manager’s Corner: Red/Orange Vegetables in School Meals provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.
Objective: Identify food sources, nutrient considerations, health benefits, and menu suggestions for red/orange vegetables.

Why it is important: It is important to remember the red/orange vegetable subgroup are a requirement of federal funded school lunch meals.

Materials:

- Red/Orange Vegetables in School Meals Food Sources, Health Benefits, and Nutrients (mini-poster located at www.theicn.org)
- Materials included in this document:
  - Red/Orange Vegetables in School Meals Menu Item Identification
  - Red/Orange Vegetables in School Meals Menu Item Identification Answer Key

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the Staff:

- **What food sources are considered to be red/orange vegetables?**
  Answer: Food sources for red/orange vegetables include: red and orange peppers, tomatoes, cherry peppers, sweet potatoes, carrots, pumpkin, and winter squash (acorn, butternut, and hubbard).

- **What nutrients do red/orange vegetables contain?**
  Answer: In comparison with other vegetable subgroups, red/orange vegetables provide a significant amount of vitamin A since they are rich in beta-carotene. Red/orange vegetables are also a good source of vitamin C, potassium, and antioxidants.
• What are the health benefits for individuals consuming a variety of vegetables, including red/orange vegetables?
  
  Answer: Health benefits for individuals consuming red/orange vegetables include:
  
  o Lower intake of calories due to a low calorie, low-fat food source
  o Reduced risk of heart disease which includes heart attack and stroke
  o Lowered blood pressure, reduced risk of kidney stones, and decrease in bone loss due to rich potassium source
  o Protection against certain cancers

Activity Instructions:

• Ask staff to complete the Red/Orange Vegetables Worksheet using the above information and the Red/Orange Vegetables in School Meals Food Sources, Health Benefits, and Nutrients mini-poster. At the conclusion of the activity, review the Red/Orange Vegetables Worksheet Answer Key.
**Manager’s Corner: Red/Orange Vegetables Subgroup in School Meals**

**Red/Orange Vegetables Worksheet**

**Instructions:** Review the menu below, and select the red/orange vegetables. Identify ways red/orange vegetables can be incorporated into school meals.

**Grades 9-12 Weekly Lunch Menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Meat Ball Sub or Fruit, Yogurt, Granola Parfait</td>
<td>BBQ Chicken Drumstick Whole Wheat Roll or Fish Taco</td>
<td>White Bean Chili Cornbread Muffin or Rock and Roll Beef Wrap</td>
<td>Cheese Pizza Alfredo or Grilled Chicken Sandwich</td>
<td>Biscuits and Scrambled Eggs or Pepperoni Pizza</td>
</tr>
<tr>
<td>Ranch Potato Wedges</td>
<td>Baked Beans Creamy Cole Slaw</td>
<td>Cherry Tomatoes</td>
<td>Broccoli Florets</td>
<td>Fresh Sugar Snap Peas</td>
</tr>
<tr>
<td>Tossed Salad</td>
<td>Fresh Baby Carrots</td>
<td>Cucumber Slices</td>
<td>Fresh Baby Carrots</td>
<td>Hash Brown Patty</td>
</tr>
<tr>
<td>Fresh Peach</td>
<td>Apricot Halves</td>
<td>Fresh Banana</td>
<td>Fresh Citrus Fruit Cup</td>
<td>Fresh Plum</td>
</tr>
<tr>
<td>Canned Fruit</td>
<td>Fresh Fruit</td>
<td>Canned Fruit</td>
<td>Canned Fruit</td>
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</tr>
<tr>
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**What are some ways red/orange vegetables can be incorporated into school meals?**
Instructions: Review the menu below, and select the red/orange vegetables. Identify ways red/orange vegetables can be incorporated into school meals.

ANSWER:

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</table>

Note: The correct answers are in bold font. Additionally, the mini meat ball sub is considered to provide a serving of red/orange vegetables due to the tomato sauce used in the recipe.


What are some ways red/orange vegetables can be incorporated into school meals?

Example: Include tomatoes in a breakfast omelet.
References


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