



# Manager's Corner

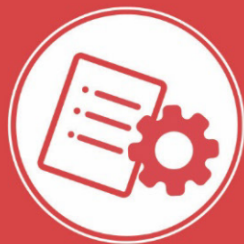
## Other Vegetables Subgroup in School Meals

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NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/  
MARKETING



Key Area: 1 Nutrition

Code: 1310 Dietary Guidelines  
1320 General Nutrition

2019

# 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.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Institute of Child Nutrition. (2019). *Manager's corner: Other vegetables subgroup in school meals*. University, MS: Author.

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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 – Dietary Guidelines

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

#### 1320 – General Nutrition

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

## Introduction

*Manager's Corner: Other Vegetables Subgroup in School Meals* is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes.

This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

## Lesson Overview

### Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

**Objective:** Identify food sources, nutrient considerations, health benefits, and menu suggestions for vegetables in the other vegetables subgroup.

**Background information:** Other vegetables subgroup food sources include: artichokes, asparagus, avocado, bamboo shoots, bean sprouts, green beans, wax beans, beets, Belgian endive, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, iceberg lettuce, mushrooms, okra, onions, snow peas, green peppers, radishes, summer squash or zucchini, tomatillo, and turnips.

Vegetables in this category have the potential to be rich in phosphorus, selenium, zinc, niacin, copper, vitamin B6, vitamin K, vitamin C, fiber, potassium, sodium, magnesium, thiamin, calcium, riboflavin, and folate. Some health benefits of eating vegetables from this subgroup include: reduced risk of heart disease (heart attack and stroke), lowered blood pressure, reduced risk of kidney stones, decrease in bone loss due to rich potassium source, and protection against certain cancers

**Why it is important:** It is important to identify food sources, nutrient considerations, health benefits, and menu suggestions in order to understand the necessity of the other vegetables subgroup requirement. Vegetables within this subgroup offer a variety of nutrients in varying amounts.

## Questions for Staff

- **What food sources are included in the other vegetables subgroup?**

**Answer:** Food sources that fit into the vegetables subgroup include: artichokes, asparagus, avocado, bamboo shoots, bean sprouts, green beans, wax beans, beets, Belgian endive, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, iceberg lettuce, mushrooms, okra, onions, snow peas, green peppers, radishes, summer squash or zucchini, tomatillo, and turnips.

- **What nutrients do vegetables in the other vegetables subgroup contain?**

**Answer:** Vegetables in the other vegetable subgroups have the potential to be a rich source of: phosphorus, selenium, zinc, niacin, copper, vitamin B6, vitamin K, vitamin C, fiber, potassium, sodium, magnesium, thiamin, calcium, riboflavin, and folate.

- **What are health benefits for individuals consuming a variety of vegetables, including those found in the other vegetables subgroup?**

**Answer:** Health benefits for individuals consuming vegetables in the other vegetables subgroup include:

- Lower intake of calories due to a low calorie, low-fat food source
- Reduced risk of heart disease which includes heart attack and stroke
- Lowered blood pressure, reduced risk of kidney stones, and decrease in bone loss due to rich potassium source
- Protection against certain cancers

## Activity: Other Vegetables Subgroup in School Meals

**Activity materials included in this document:**

- **Other Vegetables Subgroup in School Meals**
- **Other Vegetables Subgroup in School Meals Answer Key**

**Materials provided by the school nutrition operation:**

- *ICN Meal Plan Mini Posters Other Vegetables* mini poster (located at <https://theicn.org/icn-resources/>). Select Meal Pattern Mini-Posters and choose the mini-poster from the listing. Copies of the handouts
- Writing utensils

**Activity Instructions:**

- Print the handouts and worksheets.
- Ask staff to complete the **Other Vegetables in School Meals** using information from the *ICN Meal Plan Mini Posters Other Vegetables* mini-poster.

**Please note:** The answers are subjective and there are no right or wrong answers.

## Other Vegetables Subgroup in School Meals

**Instructions:** Using the *ICN Meal Plan Mini Posters Other Vegetables* mini-poster, identify new ways to serve one or more of these vegetables on the school menu.

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List new menu suggestions using the *ICN Meal Plan Mini Posters Other Vegetables* mini-poster.

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## Other Vegetables Subgroup in School Meals

### Answer Key

**Instructions:** Using the *ICN Meal Plan Mini Posters Other Vegetables* mini-poster, identify new ways to serve one or more of these vegetables on the school menu.

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List new menu suggestions using the *ICN Meal Plan Mini Posters Other Vegetables* mini-poster.

**Example responses:**

- Roasted Brussels sprouts with Parmesan cheese
- Orange glazed beets

**Please note:** The answers provided are only examples and are not an inclusive list of possible responses.

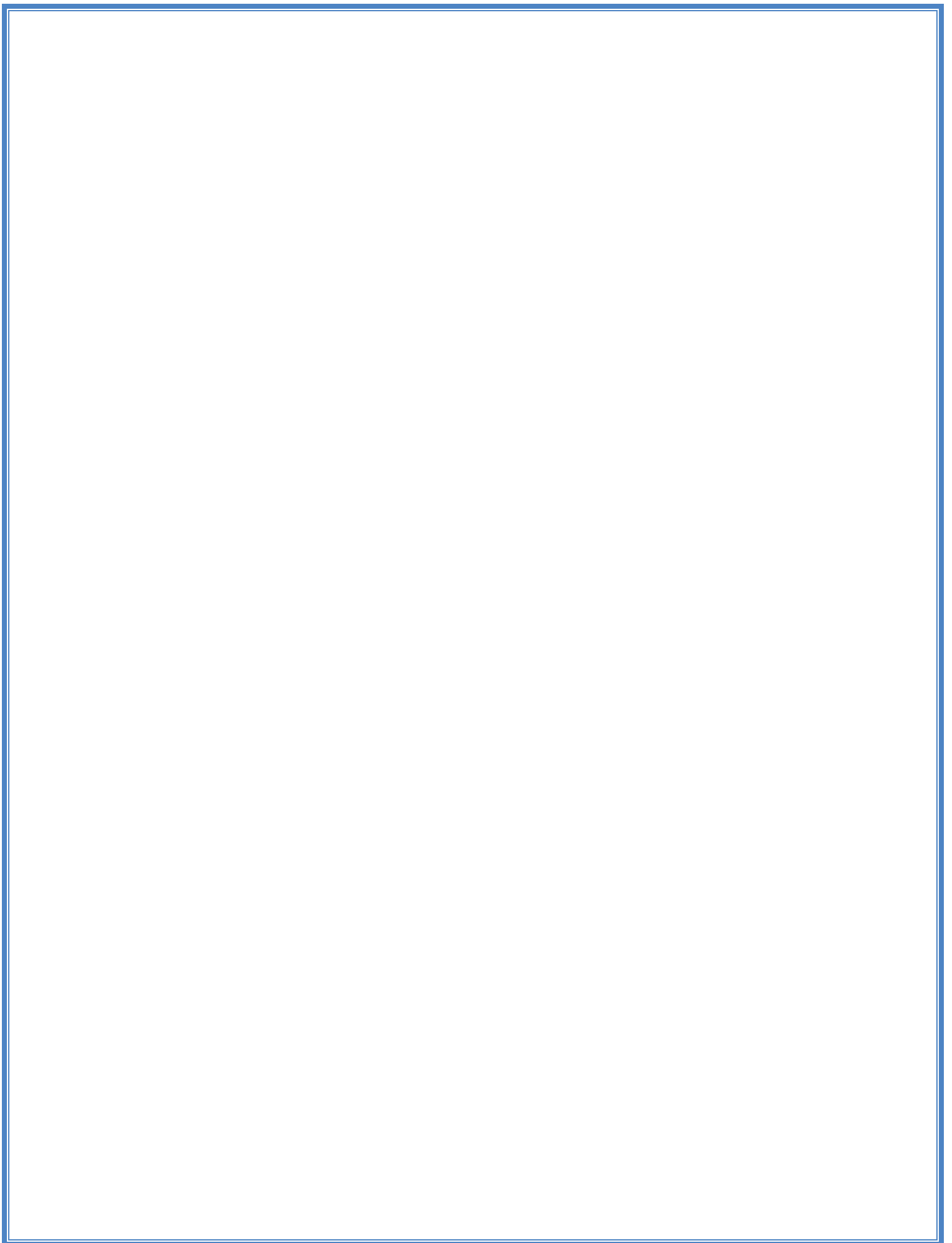
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