



## Manager's Corner

### Red/Orange Vegetables Subgroups in School Meals

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**for Americans, MyPlate,**  
**and School Nutrition**

**1320 General Nutrition**

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# Institute of Child Nutrition

## The University of Mississippi

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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 – Dietary Guidelines for Americans, MyPlate, and School Nutrition  
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: Red/Orange 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 red/orange vegetables.

**Background Information:** Red/orange vegetables are a great way to add color and increase the eye appeal of meals served throughout your program. Some food sources for red/orange vegetables include red and orange peppers, tomatoes, sweet potatoes, carrots, pumpkins, and winter squash, to name a few. Red/orange vegetables provide a significant amount of vitamin A, beta-carotene, vitamin C, potassium, and antioxidants. Eating red/orange vegetables provides several health benefits that include reduced risk of heart disease (heart attack and stroke), lowered blood pressure, reduced risk of kidney stones, decrease in bone loss, and protection against certain cancers.

**Why it is important:** The red/orange vegetables subgroup is a requirement of federally funded school lunch meals, and it provides many health benefits to children.

## Questions for Staff

- **What are some red/orange vegetable food sources?**

**Answer:** Food sources for red/orange vegetables include red and orange peppers; tomatoes; cherry tomatoes; 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:

- 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: Red/Orange Vegetables

### Activity materials provided in this document:

- **Red/Orange Vegetables**
- **Red/Orange Vegetables Answer Key**

### Materials provided by the school nutrition operation:

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

### Activity Instructions:

- Print the handouts and worksheets.
- Ask staff to complete the **Red/Orange Vegetables** using the information from the **ICN Meal Plan Mini Posters Red/Orange Vegetables** mini-poster.
- At the conclusion of the activity, review the **Red/Orange Vegetables Answer Key**.

## Red/Orange Vegetables

**Instructions:** Review the menu below and select the red/orange vegetables. Identify ways to incorporate red/orange vegetables into school meals.

### Grades 9-12 Weekly Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Meatball Sub or Fruit, Yogurt, Granola Parfait	BBQ Chicken Drumstick Whole Wheat Roll or Fish Taco	White Bean Chili Cornbread Muffin or Beef Wrap	Cheese Pizza Alfredo or Grilled Chicken Sandwich	Biscuits and Scrambled Eggs or Pepperoni Pizza
Ranch Potato Wedges	Baked Beans Creamy Cole Slaw	Cherry Tomatoes	Broccoli Florets	Fresh Sugar Snap Peas
Tossed Salad	Fresh Baby Carrots	Cucumber Slices	Fresh Baby Carrots	Hash Brown Patty
Fresh Peach	Apricot Halves	Fresh Banana	Fresh Citrus Fruit Cup	Fresh Plum
Canned Fruit	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit
Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)

**Source:** Kansas Department of Education. (2016). *Healthier Kansas menus*. Retrieved [https://www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Resources\\_Healthier\\_Kansas\\_Menus.htm](https://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm)

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



## Red/Orange Vegetables Answer Key

**Instructions:** Review the menu below and select the red/orange vegetables. Identify ways to incorporate red/orange vegetables into school meals.

### Grades 9-12 Weekly Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mini Meatball Sub</b> <i>or</i>	BBQ Chicken Drumstick Whole Wheat Roll <i>or</i> Fish Taco	White Bean Chili Cornbread Muffin <i>or</i> Beef Wrap	Cheese Pizza Alfredo <i>or</i>	Biscuits and Scrambled Eggs <i>or</i>
Fruit, Yogurt, Granola Parfait			Grilled Chicken Sandwich	<b>Pepperoni Pizza</b>
Ranch Potato Wedges	Baked Beans Creamy Cole Slaw	<b>Cherry Tomatoes</b>	Broccoli Florets	Fresh Sugar Snap Peas
Tossed Salad	<b>Fresh Baby Carrots</b>	Cucumber Slices	<b>Fresh Baby Carrots</b>	Hash Brown Patty
Fresh Peach	Apricot Halves	Fresh Banana	Fresh Citrus Fruit Cup	Fresh Plum
Canned Fruit	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit
Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)	Milk Choice 1% fat or fat-free (flavored or unflavored)

**Note:** The correct answers are in bold font. Additionally, the mini meatball sub and pepperoni pizza provide a serving of red/orange vegetables due to the tomato sauce used in the recipes.

**Source:** Kansas Department of Education. (2016). *Healthier Kansas menus*. [https://www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Resources\\_Healthier\\_Kansas\\_Menus.htm](https://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm)

**What are some ways to incorporate red/orange vegetables into school meals?**

Example response: Include tomatoes in a breakfast omelet.

**Please note:** The answer provided is only an example and is not an inclusive list of possible responses.

## References

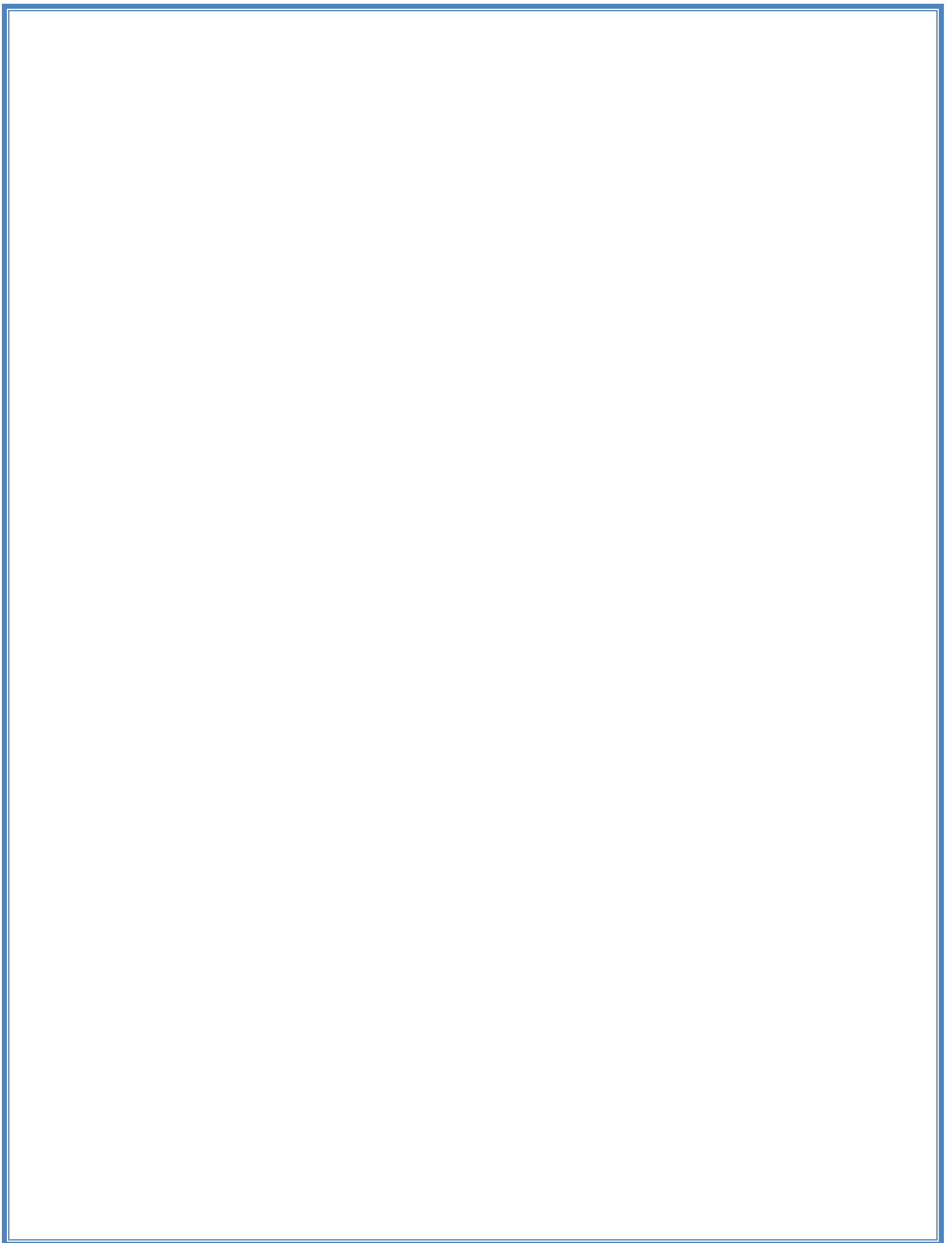
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