

# Manager's Corner

## Starchy Vegetables Subgroup in School Meals

**PROJECT COORDINATOR**  
Theresa Stretch, MS, RDN, CP-FS

**EXECUTIVE DIRECTOR**  
Aleshia Hall-Campbell, PhD, MPH



NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/  
MARKETING

# Institute of Child Nutrition

## The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

### **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.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

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

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact [helpdesk@theicn.org](mailto:helpdesk@theicn.org).

February 27, 2019

## Table of Contents

|   |   |
|---|---|
| Professional Standards .....                  | 1 |
| Introduction .....                            | 1 |
| Lesson Overview—Questions .....               | 3 |
| Missing Ingredients Activity .....            | 5 |
| Missing Ingredients Activity Answer Key ..... | 6 |
| References .....                              | 7 |



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

## Lesson Overview—Questions

**Objective:** Identify food sources, nutrient considerations, health benefits, and menu suggestions for starchy vegetables.

**Why it is important:** It is important to correctly identify foods sources, nutrient considerations, health benefits, and menu suggestions in order to understand the necessity of the starchy vegetable subgroup.

### Materials:

- **Starchy Vegetables in School Meals Food Sources, Health Benefits, and Nutrients** (mini-poster located at [www.theicn.org](http://www.theicn.org))
- **Materials included in this document:**
  - **Missing Ingredients Activity**
  - **Missing Ingredients Activity 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 starchy vegetables?**  
**Answer:** Food sources for starchy vegetables include: lima beans, corn, jicama, malanga (taro), parsnips, green peas, plantain, poi, potatoes, water chestnuts, and yucca (cassava).
- **What nutrients do starchy vegetables contain?**  
**Answer:** Starchy vegetables are high in energy. Additionally, vegetables in this subgroup can contain a rich source of carbohydrates, protein, fiber, copper, vitamin C, vitamin B6, folate, magnesium, thiamin, niacin, potassium, phosphorus, and sodium.

- **What are the health benefits for individuals consuming starchy vegetables?**

**Answer:** Health benefits for starchy vegetables include:

- Lower intake of calories due to a low calorie 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
- Reduced risk of heart disease, obesity, and type 2 diabetes due to a high fiber diet

**Activity Instructions:**

- Ask staff to complete the **Missing Ingredients Activity** using the above information. At the conclusion of the activity, review the **Missing Ingredients Activity Answer Key**.

## Missing Ingredient Activity

**Instructions:** Review the following scenario and determine the appropriate substitution.

---

**Scenario:** The school nutrition staff has notified the manager that there are no potatoes for tomorrow's lunch meal. What starchy vegetable(s) could be substituted for the potatoes?

**ANSWER:**

## Missing Ingredient Activity Answer Key

**Instructions:** Review the following scenario and determine the appropriate substitution.

---

**Scenario:** The school nutrition staff has notified the manager that there are no potatoes for tomorrow's lunch meal. What starchy vegetable(s) could be substituted for the potatoes?

**ANSWER:** Starchy vegetables that could be used to meet the starchy vegetable requirement include:

- Lima Beans
- Corn
- Jicama
- Malanga (taro)
- Parsnips
- Green peas
- Plantain
- Poi
- Potatoes
- Water chestnuts
- Yucca (cassava)

## References

Institute of Child Nutrition. (2019). *Reimbursable school meals*. University, MS: Author.

United States Department of Agriculture. (2016). *Nutrients and health benefits*. Retrieved from <https://www.choosemyplate.gov/vegetables-nutrients-health>

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Retrieved from <https://www.fns.usda.gov/school-meals/professional-standards>

United States Department of Health and Human Services and United States Department of Agriculture. (2015). *Dietary guidelines 2015-2020, key elements of healthy eating patterns*. Retrieved from <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/>

Manager's Corner: Starchy Vegetables Subgroup in School Meals



The University of Mississippi  
School of Applied Sciences

800-321-3054  
[www.theicn.org](http://www.theicn.org)