

Manager's Corner

Other Vegetables Subgroup in School Meals

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

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 vegetable subgroup requirement.

Materials:

- **Other Vegetables in School Meals Food Sources, Health Benefits, and Nutrients** (mini-poster located at www.theicn.org)
- **Materials included in this document:**
 - **Other Vegetables Subgroup in School Meals Worksheet**
 - **Other Vegetables Subgroup in School Meals Worksheet Answer Key**

Instruction:

Ask the staff to answer the Questions for the Staff included in this training. Facilitate the activity.

Questions for Staff:

- **What food sources are considered to be part of the other vegetables subgroup?**
Answer: Food sources that fit into the vegetables subgroup include: artichokes, asparagus, avocado, bamboo shoots, beans 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 within this subgroup offer a variety of nutrients in varying amounts. Specifically, vegetables in the other vegetable subgroup 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 cancer

Activity Instructions:

- Ask staff to complete the **Other Vegetables in School Meals Worksheet** using the above information and the **Other Vegetables in School Meals Food Sources, Health Benefits, and Nutrients** mini-poster.

Note: the answers are subjective and there are no right or wrong answers.

Other Vegetables Subgroup in School Meals Worksheet

Instructions: Using the **Other Vegetables Subgroup in School Meals Food Sources, Health Benefits, and Nutrients** mini-poster, identify new ways to serve one or more of these vegetables on the school menu. .

New menu suggestions using the Other vegetable subgroup.

ANSWER:

Possible suggestions

Roasted Brussel sprouts with parmesan cheese

Orange glazed beets

NOTE: Answer key is not provided as the answers are subjective.

References

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