

Manager's Corner

Starchy 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: 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)
- **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)

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