

# Manager's Corner

## Red/Orange Vegetables Subgroup in School Meals

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## 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.

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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: Red/Orange Vegetables in School Meals* is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Red/Orange Vegetables in School Meals* 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 red/orange vegetables.

**Why it is important:** It is important to remember the red/orange vegetable subgroup are a requirement of federal funded school lunch meals.

### Materials:

- **Red/Orange 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:**
  - **Red/Orange Vegetables in School Meals Menu Item Identification**
  - **Red/Orange Vegetables in School Meals Menu Item Identification 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 red/orange vegetables?**  
**Answer:** Food sources for red/orange vegetables include: red and orange peppers, tomatoes, cherry peppers, 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 Instructions:**

- Ask staff to complete the **Red/Orange Vegetables Worksheet** using the above information and the **Red/Orange Vegetables in School Meals Food Sources, Health Benefits, and Nutrients** mini-poster. At the conclusion of the activity, review the **Red/Orange Vegetables Worksheet Answer Key**.

## Red/Orange Vegetables Worksheet

**Instructions:** Review the menu below, and select the red/orange vegetables. Identify ways red/orange vegetables can be incorporated into school meals.

### Grades 9-12 Weekly Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Meat Ball Sub or Fruit, Yogurt, Granola Parfait	BBQ Chicken Drumstick Whole Wheat Roll or Fish Taco	White Bean Chili Cornbread Muffin or Rock and Roll 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.htm1](https://www.kn-eat.org/snp/snp_menus/snp_resources_healthier_kansas_menus.htm1)

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

## Red/Orange Vegetables Worksheet Answer Key

**Instructions:** Review the menu below, and select the red/orange vegetables. Identify ways red/orange vegetables can be incorporated into school meals.

**ANSWER:**

### Grades 9-12 Weekly Lunch Menu

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

**Note:** The correct answers are in bold font. Additionally, the mini meat ball sub is considered to provide a serving of red/orange vegetables due to the tomato sauce used in the recipe.

**Source:** Kansas Department of Education. (2016). *Healthier Kansas Menus*. Retrieved [https://www.kn-eat.org/snp/snp\\_menus/snp\\_resources\\_healthier\\_kansas\\_menus.htm1](https://www.kn-eat.org/snp/snp_menus/snp_resources_healthier_kansas_menus.htm1)

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

**Example:** Include tomatoes in a breakfast omelet.

## References

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