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# Appendix B: Information Boards Nutrition Facts

Each activity station will have a Nutrition Facts Information Board to educate students about the fruit or vegetable used in the activity. The Apple Toss activity, for example, would feature an information board about apples. Although the information will vary from station to station, try to keep the presentation of the boards as consistent as possible. The following sub-headings are suggested for the boards.

- **History**
- **Did You Know ... ?**
- **Varieties**
- **Good Reasons to Eat**
- **Ways to Eat**

The following pages offer *suggested* content for information boards. Feel free to include additional information and pictures on the boards.

Other ideas for using the boards include:

- Translate the names of fruits or vegetables into languages that are common in the populations you serve.
- Display maps that show where the fruit or vegetable originated and/or its path to the United States.
- Display a map of California and indicate where the produce is grown.
- Add a picture symbol to signify what nutrient the produce item is “high” in. For example: Carrots are high in Vitamin A, which is good for your eyes. A symbol for “Vitamin A” might include a body diagram pointing out the eyes.

See the example on the next page.

# Pepper Toss

## History

- Bell peppers are native to Mexico, Central America and South America.
- In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies and took samples back to Europe.



## Ways to Eat

- Dip raw slices of sweet pepper in a low fat dip or add fresh bell peppers to create a colorful and zesty salad.
- Add to pasta salads and chicken dishes.
- Use in stir fry, soups, stews, chili or rice dishes.
- Make fresh salsa with hot peppers, tomatoes, onions, garlic, and lime juice.

## Did You Know...?

- As bell peppers mature, their color changes from green to red and they become sweeter.



Most green bell peppers brought to the United States come from Mexico, but they could also come from the Dominican Republic, the Netherlands, Belgium, or Canada.

## Good Reasons to Eat

- Green, sweet bell peppers have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much.
- Red bell peppers contain nine times more vitamin A than green peppers. They also have twice as much vitamin C as their green cousins.

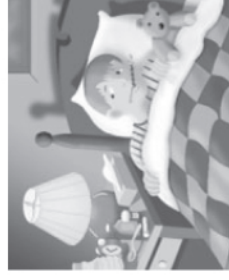
## High In:



**Vitamin A**  
Maintains healthy eyesight, especially night vision

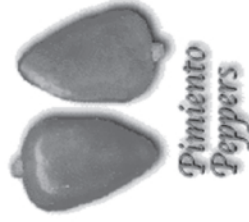
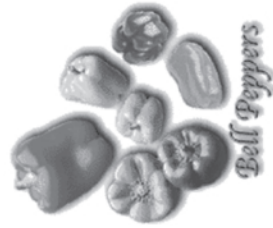
## Vitamin C

Helps manufacture connective tissue and also keeps the immune system strong.



## Varieties

There are two types of peppers – sweet and hot.



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# Apple Toss

## History

It is believed that apples were grown even during the Stone Age and were enjoyed by ancient cave dwellers. The Egyptians and Romans introduced apples to Britain.

Apples were introduced to New York by the European settlers who brought seeds with them in the 1600s. Early Americans brought apple seeds from Europe and planted trees in Massachusetts and Virginia.

John Chapman became known as Johnny Appleseed because he planted apple seeds wherever he went.

## Did You Know ... ?

Washington state produces the most apples in the United States. Other states that produce apples are New York, California, Michigan, Pennsylvania, and Virginia.

China is now the world's largest apple producer, with the United States in second place.

The average American eats almost twenty pounds of fresh apples each year.

Apples are available year-round. They are ripe when picked.

## Varieties

There are more types of apples than you might even guess. There are 7,000 varieties grown in the world, and about 2,500 varieties are grown in the United States. Some you may be familiar with:

- Fuji
- Gala
- Granny Smith
- Golden Delicious
- Red Delicious

## Good Reasons to Eat

Apples are high in fiber.

Apples are sweet and crunchy and make a delicious snack.

Apples don't require much preparation. Simply wash an apple in cool water and it's ready to eat!

Eating apples is an easy, delicious, and *nutritious* way to reach your 5 A Day goal.



**High in: fiber**

## Ways to Eat

If you like, slice an apple into halves, quarters, or bite-size pieces and remove the core and seeds. Now you're ready to enjoy crisp, crunchy, and sweet-tasting apples!

To help prevent apples from browning, rub the cut surfaces with a lemon juice and water mixture. You can also dip them in orange, lemon, or pineapple juice. It's fun to do and keeps your apples looking good!

Apples are convenient and ready to go with you anytime, anywhere.

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# Bean Bull's-eye

## History

Beans have been a very important part of the human diet for thousands of years. Historians believe that beans may have been native to Peru.

Archaeologists in Thailand found evidence of peas that has been carbon-dated back to 9750 BC. Evidence also suggests that native people of Mexico and Peru were cultivating bean crops as far back as 7000 BC.

Beans have been found in Pre-Columbian tombs and Egyptian pyramids.

It is also believed that Egyptians had temples dedicated to beans, worshipping them as a symbol of life.

Greeks and Romans used beans at festivals to worship their gods.

## Did You Know ... ?

Beans are still an important part of world agriculture and are an essential part of a balanced diet in many countries.

The average American eats more than fifteen pounds of beans each year.

January 6 is National Bean Day.

## Varieties

There are many types of beans. Some you may be familiar with:

- black-eyed beans
- garbanzo beans or chickpeas
- lima beans
- whole peas
- split yellow peas
- kidney beans
- red lentils
- mung beans
- pinto beans
- soy beans

## Good Reasons to Eat

Beans are very high in protein. Protein helps build and repair body tissues, such as muscles, bones, glands, skin, and teeth.

Beans are an excellent source of protein for vegetarians—people who don't eat meat or (sometimes) eggs.

In comparison to meat, beans are a very inexpensive way to get protein.

Beans are also high in fiber, which is very important for your digestive system; iron, which helps build red blood cells; and B-vitamins, for healthy digestive and nervous systems, skin, and eyes.

Beans contain no cholesterol, and they can help lower your cholesterol level, because they are one of the richest sources of fiber.



**High in: fiber**

## Ways to Eat

Beans can be eaten raw, cooked, or ground into flour, depending on the type of bean.

Beans can be curdled into tofu or made into noodles called “vermicelli.”

Cooked or canned beans can be added to soups, salads, burritos, dips, stir fries, and sauces.

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# Berry Relay

## History

Strawberries grew wild in Italy as long ago as 234 BC.

Wild strawberries were discovered in Virginia by the first Europeans when their ships landed there in 1588.

Early settlers in Massachusetts enjoyed eating strawberries grown by local Native Americans, who cultivated strawberries as early as 1643.

Blueberries were once called “star berries” because of the star-shaped calyx on the top of each berry.

Lewis and Clark found that Indians in the Northwest Territory smoked wild blueberries to preserve them for the winter.

Early American colonists made gray paint by boiling blueberries in milk.

The blue paint used to paint woodwork in Shaker houses was made from sage blossoms, indigo, and blueberry skins mixed in milk.

Cranberry juice was first made by American settlers in 1683.

Red raspberries have been cultivated in Europe for more than 400 years.

In North America, cultivated raspberries originated from two groups: red raspberries, native to Europe, and wild red ones native to North America.

## Did You Know ... ?

Strawberries, the most popular berry, have been grown in California since the early 1900s, and the state now produces more than 80 percent of the strawberries grown in the United States.

Second in popularity is the blueberry, which is native to North America and has been around for thousands of years.

More than 200 million pounds of blueberries are grown commercially each year.

Around the world, 95 percent of all blueberries come from the United States and Canada.

If all the blueberries grown in North America in one year were spread out in a single layer, they would cover a four-lane highway that stretched from New York to Chicago.

Cranberries are almost 90 percent water. Good, ripe cranberries will bounce. Bounceberry is another name for them.

## Varieties

There are many types of berries. Some you may be familiar with:

- blackberries
- blueberries
- boysenberries
- cranberries
- ollalieberries
- raspberries
- strawberries

## Good Reasons to Eat

Fresh ripe strawberries contain vitamin C and folic acid. Eight medium strawberries (which equal one serving) have only 45 calories and no fat.

Blueberries are high in antioxidants, which protect our bodies from some kinds of cancers and help our arteries.

One cup of raspberries has 32 percent of the dietary fiber our bodies need every day. Raspberries also are high in vitamin C.



**High in: fiber**



**High in: antioxidants**



**High in: vitamin C and folic acid**

## Ways to Eat

Berries are delicious as they are, or you can:

- Toss into cereal or oatmeal.
- Mash and add to muffins or bread.
- Whirl in blender with yogurt, juice, and ice.

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# Carrot Hop

## History

It's hard to imagine a carrot that is not orange, but when carrots were first cultivated in Central Asia, the most common varieties were green and purple.

The first carrots were not cultivated as a food crop, but were grown as medicine.

The Ancient Greeks called carrots “karoton.”

Carrots were first cultivated in Afghanistan in the seventh century, and they started with yellow flesh and a purple exterior.

In the twelfth century, Arabian traders brought the cultivated carrot to the Mediterranean area, and the rest, as they say, is history.

The Dutch developed the orange carrot. The French in the seventeenth century are the most likely developers of the elongated carrot, ancestor of the ones we eat today. The English brought the carrot to the New World.

The first time carrots were used as a food instead of a decoration was in twelfth-century Spain, when they were eaten with oil, vinegar, and salt.

## Did You Know ... ?

Carrots started out in colors of red, yellow, white, purple—everything but orange.

Carrot cake gained its popularity by being served at America's county fairs in the 1960s.

The saying “dangling a carrot,” as a way to get someone to do something, originates from the 1890s, when carrots were dangled in front of donkeys to get them to move.

In Germany, a hot beverage was made from carrots that had been chopped into small pieces and roasted.

## Varieties

Several hundred varieties exist, but carrots are sold more by shape and type than by variety.

## Good Reasons to Eat

The bright orange color of carrots tells you they're an excellent source of Vitamin A. Vitamin A is important for good eyesight, especially at night. Vitamin A helps your body fight infection and keeps your skin and hair healthy.



**High in: vitamin A**

## Ways to Eat

Peeled “baby” (mini) carrots are a great snack with a low-fat dip.

Grate carrots and add to salads, casseroles, and soups.

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# Citrus Hike

## History

Experts say lemons have been in cultivation around the Mediterranean from as early as the first century AD.

Citrus fruits are native to Southeast Asia, where they have been cultivated for more than four thousand years. Some of the oldest Asian literature contains references to citrus fruits.

Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.

In 1769 while they were building the California missions, Father Junipero Serra and his Spanish friars planted the first citrus seeds in California.

The commercial lemon industry began during the California Gold Rush in 1849.

The grapefruit was developed in the West Indies in the early 1700s and first introduced to Florida in the 1820s. Most grapefruit in the United States is still grown in Florida.

## Did You Know ... ?

Brazil produces more oranges than any other country, followed by the United States, China, Spain, and Mexico.

Oranges are the largest citrus crop in the world.

Oranges do not ripen after they are picked, but lemons do.

After chocolate and vanilla, orange is the world's favorite flavor.

High in vitamin C, lemons prevent scurvy, a disease that causes bleeding gums, loose teeth, and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of juice a day.

California and Arizona produce 95 percent of the entire U.S. lemon crop.

Fresh grapefruit from California and Arizona are available all year and come in several colors, including pink, red, white and golden.

A grapefruit is 75 percent juice. One medium grapefruit will give you two-thirds of a cup of fresh-squeezed juice.

Grapefruit juice, when freshly squeezed and stored covered in the refrigerator, will retain 98 percent of its vitamin C for up to a week.

## Varieties

Oranges, lemons, and grapefruit are commonly consumed citrus fruits in the United States.

## Good Reasons to Eat

One-half of a grapefruit or one orange contains all of the vitamin C your body needs for the day.

One lemon contains 35 percent of the vitamin C your body needs every day.



**High in: vitamin C**

## Ways to Eat

Fresh lemonade is a great way to rehydrate yourself and quench your thirst.

Lemon juice adds flavor and “zip” to foods and is a good substitute for salt, salad dressings, and sauces.

A good way to enjoy oranges is to cut them into sections and eat.

The easiest way to eat grapefruit is to slice it in half and eat the sections with a spoon. You can also slice it into wedges and eat it like an orange.

Grapefruit sections are a delicious addition to fruit and vegetable salads.

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# Coconut Bowling

## History

The coconut most likely originated somewhere around New Guinea in the Pacific Ocean, but long ago it became distributed throughout the Pacific, from Southeast Asia to Africa. Some botanists believe that the coconut originated in the American tropics. There is no definitive proof for either origin.

## Did You Know ... ?

Coconuts grow on a tree called the “coconut palm.” The coconut palm tree can grow up to 100 feet tall.

Coconut oil was the world’s leading vegetable oil until soybean oil took over in the 1960s.

The coir, the outside husk of the coconut, has many uses. The coir is used for ropes, yarn, car-seat covers, brushes, bristles, door mats, heat insulation, rugs, etc.

Coconut palm trees grow in rain forests and other places that have tropical climates. You can find many coconut trees in Hawaii.

More than 20 billion coconuts are produced each year.

## Good Reasons to Eat

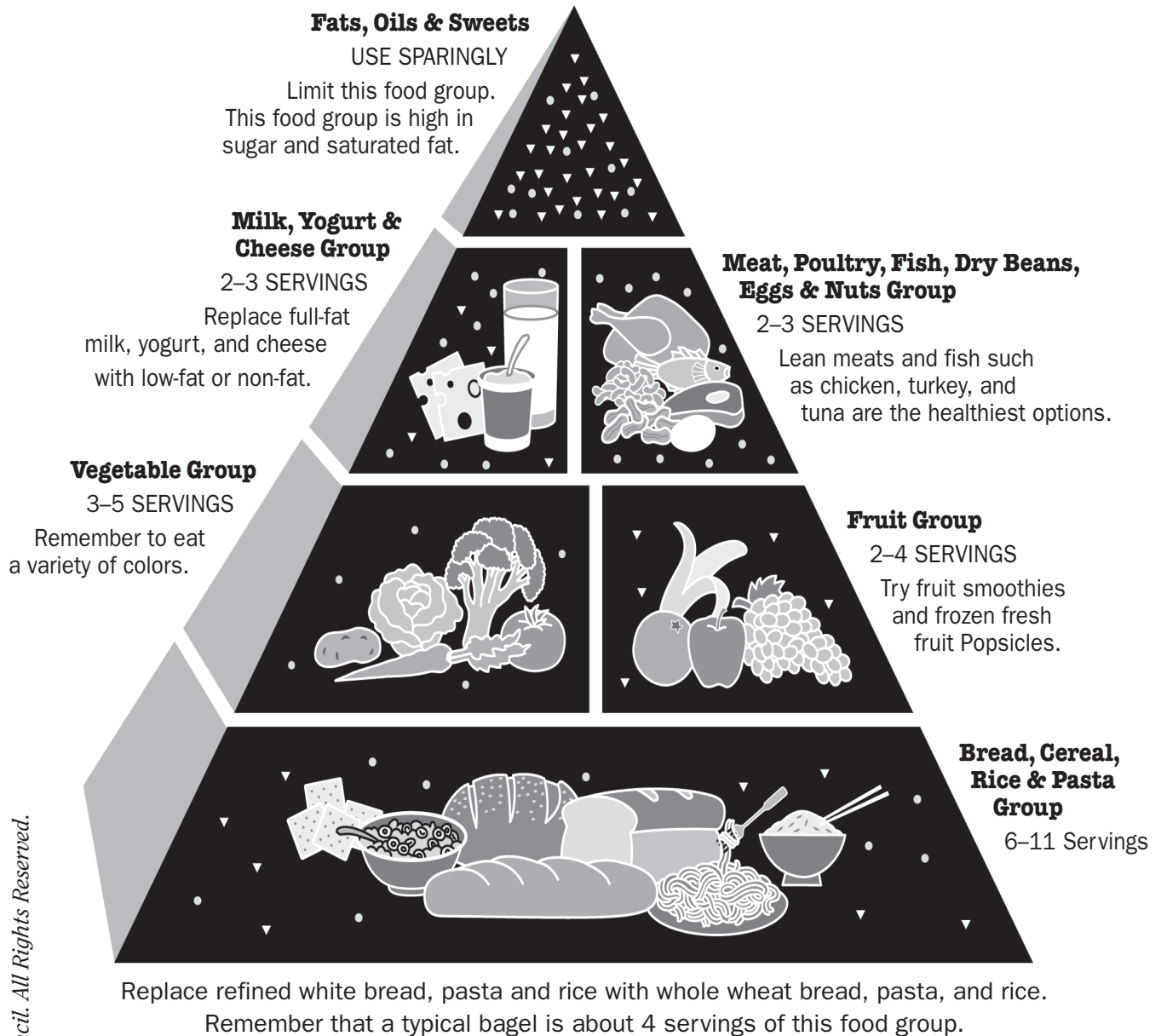
Coconuts are quite high in fat, most of which is saturated fat. Coconut is best used in small quantities, as a garnish or a flavor enhancer.

Coconut meat and oil do not contain any cholesterol.

Coconut oil may play a role in improving the body’s immune system response.





# Food Guide Pyramid Challenge



Remember to **drink plenty of water** and get **30-60 minutes of Physical Activity** every day for better health!

**KEY**

-  Fat (naturally occurring and added)
-  Sugars (added)

These symbols show fat and added sugars in foods.



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# Melon Weight Lifting

## History

Most melons originated in the Middle East.

Ancient Egyptians and Romans enjoyed cantaloupes, or muskmelons.

Melon seeds were transported to the United States by Columbus and eventually cultivated by Spanish explorers in California.

One of the earliest records of melons is in an Egyptian tomb painting from 2400 BC.

## Did You Know ... ?

Melons are in the same gourd family as squashes and cucumbers.

The difference between melons and squashes is the way that they're used. Squashes are considered vegetables, while melons are known as fruits with sweet and juicy flavor.

## Varieties

There are many varieties of melons. Some you may be familiar with:

- cantaloupe
- casaba
- Crenshaw
- honeydew
- Persian
- Santa Claus
- Sharlyn
- watermelon

## Good Reasons to Eat

Melons are a good source of vitamin C and potassium. They have high water content and are relatively low in calories, as well as fat and cholesterol free.



**High in: vitamin A and vitamin C**



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# Pepper Toss

## History

Bell peppers are native to Mexico, Central America, and South America.

In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies and took samples back to Europe.

## Did You Know ... ?

Most green bell peppers brought to the United States come from Mexico, but they might also come from the Dominican Republic, the Netherlands, Belgium, or Canada.

As bell peppers mature, their color changes from green to red and they become sweeter.

## Varieties

There are two types of peppers—sweet and hot. Some sweet peppers you may be familiar with:

- banana peppers
- bell peppers (green, red, yellow)
- pimiento peppers

Some hot peppers you may be familiar with:

- Anaheim peppers
- habaneros peppers
- jalapeno peppers
- Serrano peppers

## Good Reasons to Eat

Green, sweet bell peppers have twice as much vitamin C as oranges; red and yellow bell peppers have four times as much.

Red bell peppers contain nine times more vitamin A than green peppers. They also have twice as much vitamin C as their green cousins.



**High in: vitamin A and vitamin C**

## **Ways to Eat**

Dip raw slices of sweet pepper in a low-fat dip.

Add to pasta salads and chicken dishes.

Use in stir fries, soups, stews, chili, or rice dishes.

Add fresh bell peppers to salad greens to create a colorful and zesty salad.

Make fresh salsa with hot peppers, tomatoes, onions, garlic, and lime juice.

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# Squash Challenge

## History

Squash has been a staple for Native Americans for more than 5,000 years, and it was common food for early Europeans who settled in America.

George Washington, the first president of the United States, and Thomas Jefferson, the third president of the United States, were keen squash growers.

## Did You Know ... ?

In the United States, Florida is the largest producer of squash, followed closely by California. Georgia and New Jersey are also large squash-producing states.

In the nineteenth century, merchant seamen returned from other parts of the Americas with many new varieties. This resulted in the various colors, shapes, and sizes that are available today.

Some varieties of squash grow on vines while others grow on bushes.

## Varieties

Squash are commonly divided into two groups, summer and winter. Zucchini is the most popular summer squash purchased in the United States.

## Good Reasons to Eat

Squash is a great low calorie vegetable with lots of vitamin C. Squash does not have fat, cholesterol, or sodium.



**High in: vitamin C**

## Ways to Eat

For a colorful dish, try mixing all kinds of squash together.

Squash can be used to make great-tasting casseroles or fast stir fries.

Sliced or grated raw squash can be a wonderful addition to your favorite salad.

Add sliced squash with dried tomatoes to rice when you cook it.

Grated summer squash makes a good substitute for carrots in a carrot cake.