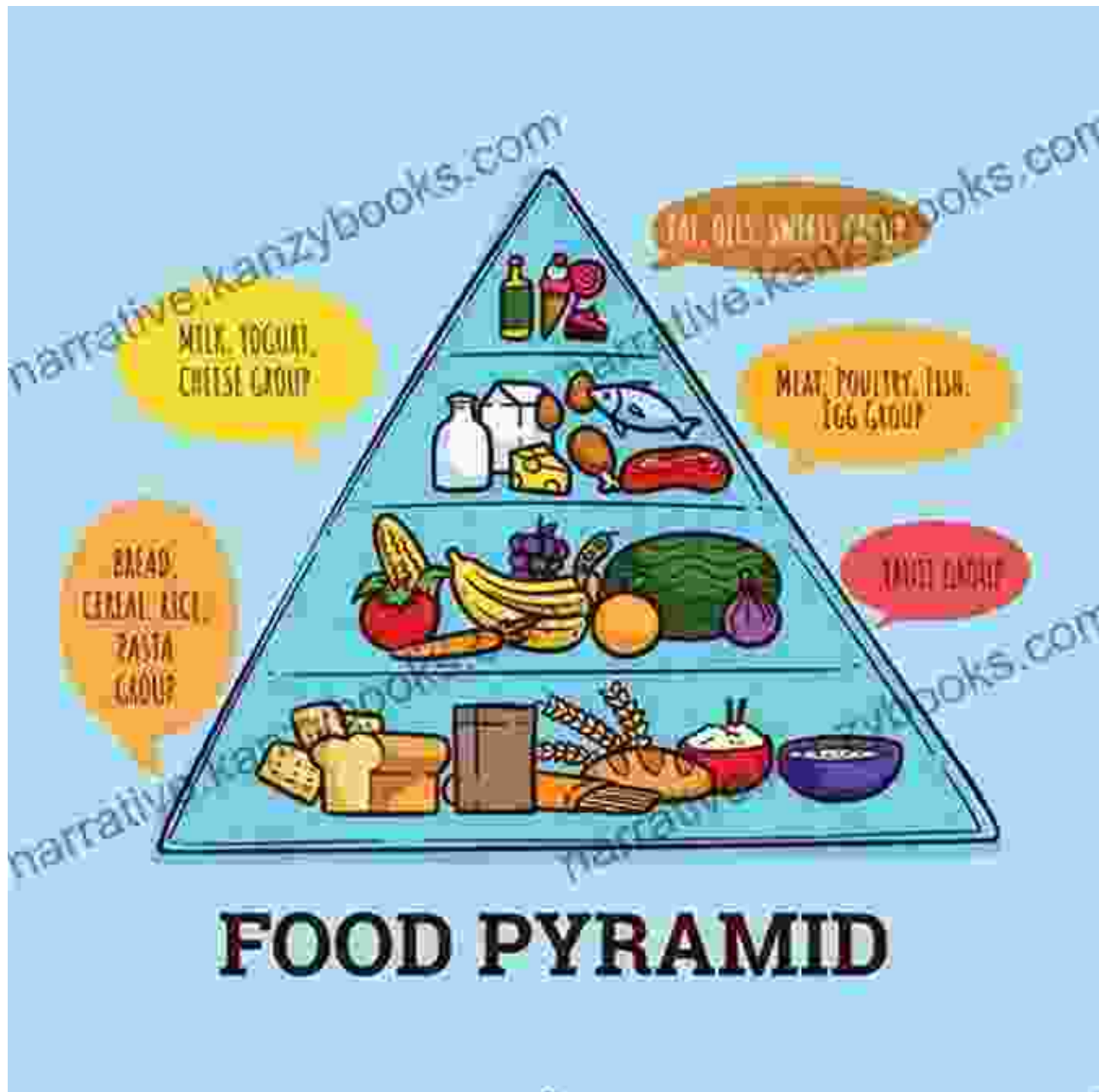
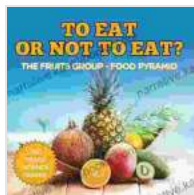


# To Eat or Not to Eat: Unveiling the Fruits Group in the Food Pyramid for 2nd Grade Science



As curious explorers in the world of science, we've stumbled upon a colorful mystery—the fruits group in the Food Pyramid! This pyramid-

shaped guide holds a treasure trove of information about healthy eating habits, and the fruits group sparkles like a rainbow at the very top. Join us on an exciting journey to uncover the secrets of this group and its vital role in our daily nourishment.



## To Eat Or Not To Eat? The Fruits Group - Food Pyramid (2nd Grade Science Series Book 1) by Baby Professor

★ ★ ★ ★ ☆ 4.6 out of 5

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### Chapter 1: The Rainbow of Fruits



Step into the vibrant world of fruits, where colors dance and sweet aromas fill the air. From shimmering red strawberries to bright orange oranges, from sunny yellow bananas to deep purple grapes, fruits come in an array of colors and shapes, each one a testament to nature's artistry. They're not just beautiful, though—these colorful wonders are packed with essential vitamins, minerals, and antioxidants that keep our bodies healthy and strong.

## **Chapter 2: The Nutritional Powerhouse**

# Vegetables

## Nutrition Facts

Raw, edible weight portion.  
Percent Daily Values (%DV) are  
based on a 2,000 calorie diet.

| Vegetables<br><small>(Amount per 1/2 cup (130g) weight/weight)</small> | Calories | Cholesterol from Fat |     | Total Fat |     | Sodium |     | Potassium |     | Total Carbohydrate |      | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|------------------------------------------------------------------------|----------|----------------------|-----|-----------|-----|--------|-----|-----------|-----|--------------------|------|--------|---------|-----------|-----------|---------|------|
|                                                                        |          | g                    | %DV | mg        | %DV | mg     | %DV | g         | %DV | g                  | %DV  | g      | g       | %DV       | %DV       | %DV     | %DV  |
| <b>Asparagus</b><br><small>(1 medium spear (1/2 cup))</small>          | 20       | 0                    | 0   | 0         | 0   | 230    | 4   | 2         | 8   | 2g                 | 2g   | 10%    | 15%     | 2%        | 2%        |         |      |
| <b>Bell Pepper</b><br><small>(1 medium (1/2 cup))</small>              | 25       | 0                    | 0   | 40        | 220 | 6      | 2   | 8         | 4g  | 1g                 | 4%   | 190%   | 2%      | 4%        |           |         |      |
| <b>Broccoli</b><br><small>(1 medium stalk (1/2 cup))</small>           | 45       | 0                    | 0.5 | 80        | 660 | 8      | 3   | 12        | 2g  | 4g                 | 6%   | 220%   | 6%      | 6%        |           |         |      |
| <b>Carrot</b><br><small>(1 medium (1/2 cup))</small>                   | 30       | 0                    | 0   | 60        | 250 | 7      | 2   | 2         | 5g  | 1g                 | 110% | 10%    | 2%      | 2%        |           |         |      |
| <b>Cauliflower</b><br><small>(1/2 medium head (1/2 cup))</small>       | 25       | 0                    | 0   | 30        | 270 | 5      | 2   | 8         | 2g  | 2g                 | 0%   | 100%   | 2%      | 2%        |           |         |      |
| <b>Celery</b><br><small>(1 medium stalk (1/2 cup))</small>             | 15       | 0                    | 0   | 115       | 260 | 4      | 3   | 8         | 2g  | 0g                 | 10%  | 15%    | 6%      | 2%        |           |         |      |
| <b>Cucumber</b><br><small>(1/2 medium (1/2 cup))</small>               | 10       | 0                    | 0   | 0         | 160 | 2      | 1   | 4         | 1g  | 1g                 | 4%   | 10%    | 2%      | 2%        |           |         |      |
| <b>Green (Snap) Beans</b><br><small>(1/2 cup (1/2 cup))</small>        | 20       | 0                    | 0   | 0         | 200 | 3      | 3   | 12        | 2g  | 1g                 | 4%   | 10%    | 4%      | 2%        |           |         |      |
| <b>Green Cabbage</b><br><small>(1/2 medium head (1/2 cup))</small>     | 25       | 0                    | 0   | 20        | 190 | 5      | 2   | 8         | 3g  | 1g                 | 6%   | 70%    | 4%      | 2%        |           |         |      |
| <b>Green Onion</b><br><small>(1/2 cup (1/2 cup))</small>               | 10       | 0                    | 0   | 10        | 70  | 2      | 1   | 4         | 1g  | 0g                 | 2%   | 8%     | 2%      | 2%        |           |         |      |
| <b>Iceberg Lettuce</b><br><small>(1/2 head (1/2 cup))</small>          | 10       | 0                    | 0   | 10        | 125 | 2      | 1   | 4         | 2g  | 1g                 | 6%   | 6%     | 2%      | 2%        |           |         |      |
| <b>Leaf Lettuce</b><br><small>(1/2 cup (1/2 cup))</small>              | 15       | 0                    | 0   | 35        | 170 | 2      | 1   | 4         | 1g  | 1g                 | 130% | 6%     | 2%      | 4%        |           |         |      |
| <b>Mushrooms</b><br><small>(1 medium (1/2 cup))</small>                | 20       | 0                    | 0   | 15        | 300 | 3      | 3   | 4         | 0g  | 3g                 | 6%   | 2%     | 0%      | 2%        |           |         |      |
| <b>Onion</b><br><small>(1 medium (1/2 cup))</small>                    | 45       | 0                    | 0   | 5         | 190 | 11     | 3   | 12        | 9g  | 1g                 | 0%   | 20%    | 4%      | 4%        |           |         |      |
| <b>Potato</b><br><small>(1 medium (1/2 cup))</small>                   | 110      | 0                    | 0   | 0         | 620 | 26     | 9   | 8         | 1g  | 3g                 | 0%   | 45%    | 2%      | 4%        |           |         |      |
| <b>Radishes</b><br><small>(1 medium (1/2 cup))</small>                 | 16       | 0                    | 0   | 55        | 190 | 3      | 1   | 4         | 2g  | 0g                 | 0%   | 30%    | 2%      | 2%        |           |         |      |
| <b>Summer Squash</b><br><small>(1/2 medium (1/2 cup))</small>          | 20       | 0                    | 0   | 0         | 260 | 4      | 2   | 8         | 2g  | 1g                 | 6%   | 30%    | 2%      | 2%        |           |         |      |
| <b>Sweet Corn</b><br><small>(1/2 cup (1/2 cup))</small>                | 90       | 20                   | 2.5 | 0         | 250 | 16     | 2   | 8         | 5g  | 4g                 | 2%   | 10%    | 0%      | 2%        |           |         |      |
| <b>Sweet Potato</b><br><small>(1 medium (1/2 cup))</small>             | 100      | 0                    | 0   | 70        | 440 | 23     | 4   | 16        | 2g  | 2g                 | 120% | 10%    | 4%      | 4%        |           |         |      |
| <b>Tomato</b><br><small>(1 medium (1/2 cup))</small>                   | 25       | 0                    | 0   | 20        | 340 | 5      | 1   | 4         | 3g  | 1g                 | 20%  | 30%    | 2%      | 4%        |           |         |      |

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

U.S. Food and Drug Administration  
January 3, 2004

Every bite of fruit is like a tiny explosion of energy and nutrients! Fruits are bursting with vitamin C, an essential nutrient that helps our bodies fight off infections, heal wounds, and keep our skin glowing. They're also rich in potassium, which helps regulate our heart rate and blood pressure, keeping us feeling our best. And let's not forget about antioxidants, the superheroes that protect our cells from damage. Fruits are loaded with these protective



compounds, making them our allies in the battle against harmful free radicals.

### **Chapter 3: Health Benefits Galore**



Eating fruits isn't just a tasty treat; it's a prescription for a healthier life! By incorporating fruits into our diets, we're giving our bodies a world of good. Fruits help boost our immune systems, reduce the risk of chronic diseases like heart disease and cancer, improve our digestion, and maintain a healthy weight. They're like tiny health potions, keeping us feeling vibrant and full of life.

### **Chapter 4: The Cultivation Adventure**



Where do all these delicious fruits come from? It's time for a field trip to the world of fruit cultivation! Fruits grow on trees, bushes, and vines, and farmers work hard to nurture these plants and ensure a bountiful harvest. They use techniques like grafting and cross-pollination to create new varieties of fruits, and they employ sustainable farming practices to protect the environment. We can do our part by supporting local farmers and choosing fruits that are grown responsibly.

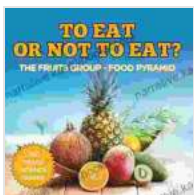
## **Chapter 5: Fruit Fun for Kids**



Learning about fruits can be a blast! There are endless ways to make it fun and engaging for kids. From creating colorful fruit salads to making fruit-inspired crafts, from playing fruit-themed games to going on fruit-picking adventures, there's something for every child to enjoy. These activities not only teach kids about the importance of fruits but also foster a lifelong love for healthy eating habits.



As we reach the end of our fruity exploration, it's clear that the fruits group is a vital part of a healthy diet. These colorful, nutrient-packed wonders offer a wide range of health benefits, from boosting immunity to reducing disease risk. They're essential for growth, development, and overall well-being. By choosing fruits over sugary snacks and processed foods, we're investing in a brighter, healthier future for ourselves and our loved ones. So, the next time you're wondering "To eat or not to eat the fruits group?", the answer is a resounding "Yes, please!" Grab a handful of berries, slice up an orange, or peel a banana—your body will thank you for it.



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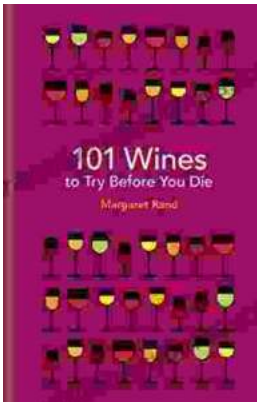
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