

GREEN BEAN ACTIVITIES



Nutrition Facts	
Serving Size: 1 cup beans, snap (110g)	
Calories 34	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Calcium 4%
Vitamin C 30%	Iron 6%

Source: www.nutritiondata.com



Power Scramble

Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line next to the scrambled word. (answers below)

1. etews otptoa _____
2. tinancere _____
3. beabacg _____
4. shpacin _____
5. ransisi _____
6. cipotar _____

Answers: 1. sweet potato, 2. nectarine, 3. cabbage, 4. spinach, 5. raisins, 6. apricot

Green Bean Brain Buster

(answers below)

1. According to the nutrition label above, green beans contain _____ of Vitamin C in one serving.
A.) 30% B.) 15% C.) 6% D.) 4%
2. We know that green beans are green, but they can also be _____.
A.) purple B.) yellow C.) white D.) all three
3. Green beans are very good for your heart and digestive system because they contain _____.
A.) calcium B.) iron C.) fiber D.) water

Answers: 1. A, 2. D, 3. C

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Green beans are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green beans, snow peas, sugar snap peas, leafy greens, green peppers, zucchini, cabbage, cucumbers, okra, peas, broccoli, green grapes, kiwis, honeydew melons and green apples.

What is a Serving?

A serving of green beans is one cup. This is about 20 medium green beans.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.