

Pick of the Month!

April 2010

Editor of the Month: Chelsea Crabtree, Dietetic Intern

ASPARAGUS

- Many Greeks and Romans believe asparagus has medicinal properties.
- Asparagus can be green or white in color.
- Asparagus is high in folic acid. Folic acid helps your body make new cells.
- It is also a good source of potassium, fiber, and vitamins A, B, and C.

GRAPES

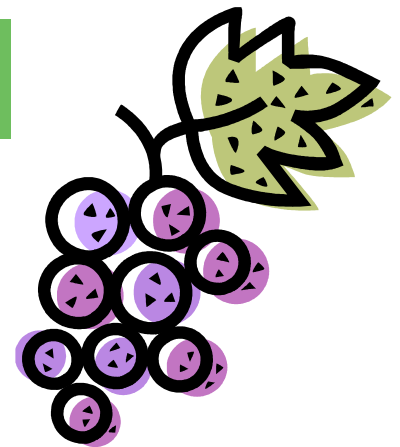
- Grapes are one of the oldest food cultivated.
- There are more than 8000 varieties of grapes!
- Grapes range in color from black, blue, golden, red, green, purple, and white.
- Grapes are about 80% water.
- Grapes are a low in sodium and are a source of fiber.

Fruit and Veggie Game

“Color Call” Directions:

1. Students form a circle, with one student in the center.
2. The student in the center throws a beanbag to a player in the circle, and calls out a color.
3. The player who catches the beanbag responds by naming a fruit or vegetable of the color called, and then throws the beanbag back to the student in the center while calling a new color.
4. Now the student in the center must name an appropriate fruit or vegetable.
5. The game goes on in this manner, with colors repeated, if necessary.
6. When a player in the circle fails to catch the beanbag or cannot name a fruit or veggie of the color called, he or she is eliminated.
7. When the student in the center drops the beanbag or answers incorrectly, he or she leaves the game, and the questioner moves to the center.
8. The game continues until one player remains—the winner.

Game from: <http://www.clover.okstate.edu/fourh/aitc/lessons/extras/recipes/fruitveggames.html>



The Dietetic Internship
Program at Vanderbilt
2009-2010