

## Vegetable Subgroups Worksheet

Vegetables are organized into subgroups, based on their nutrient content. The goal of this exercise is to identify the vegetable with the vegetable subgroup. Mark the appropriate column of the vegetable with the vegetable subgroup. Consider this list when planning school meals.

<b>Vegetable</b>	<b>Dark Green</b>	<b>Red/Orange</b>	<b>Beans/ Peas (Legumes)</b>	<b>Starchy</b>	<b>Other</b>
Acorn Squash					
Asparagus					
Avocado					
Bamboo Shoots					
Beans, Green or Wax					
Beans, black, kidney, navy, pink, pinto, red, white					
Bean Sprouts					
Beet Greens					
Beets					
Bell or Chili Peppers					
Black Beans					
Black-eyed Peas, Mature, Dry					
Bok Choy					
Breadfruit					
Broccoli					
Brussels Sprouts					
Butternut Squash					
Cabbage					
Cactus					
Carrot					
Cassava					
Cauliflower					
Celery					
Chayote (Mirliton)					
Cherry Peppers					
Chicory					
Chinese Snow Peas					
Collard Greens					
Corn					
Cucumbers					

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Dark Green Leafy Lettuce					
Edamame					
Eggplant					
Fresh cowpeas, field peas, or black-eyed peas (not dry)					
Garbanzo Beans (chickpeas)					
Great Northern Beans					
Green Onions					
Green Peas, Dry					
Hubbard Squash					
Iceberg (Head) Lettuce					
Jicama (Yam Bean)					
Kale					
Kohlrabi					
Lentils					
Lima Beans, Canned, Fresh or Frozen					
Lima Beans, Dry					
Mung Beans					
Mushrooms					
Mustard Greens					
Okra					
Onions					
Parsley					

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Parsnips					
Pigeon Peas					
Pimentos					
Pinto Beans					
Plantains					
Poi					
Potato Products, White					
Pumpkin					
Radishes					
Red/ Orange Peppers					
Romaine Lettuce					
Rutabagas					
Seaweed					
Soybeans, Dry, Mature					
Spinach					
Split Peas					
Sweet Potatoes					
Swiss Chard					
Taro (Malanga)					
Tomatillos					
Tomatoes					
Turnips					
Turnip Greens					
Watercress					
Water Chestnuts					
Yautia (Tannier)					
Zucchini					

Adapted from: USDA Food Buying Guide located at <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>