Root or Tuber?
Root vegetables are plants you can eat that grow underground. There are different kinds of root vegetables, including roots and tubers. Look at this list of root vegetables. Draw a circle around the roots and underline the tubers. Then, answer if you have tried it and if you liked it. (answers below)

<table>
<thead>
<tr>
<th>Root Vegetable</th>
<th>Have you tried it? Did you like it?</th>
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</thead>
<tbody>
<tr>
<td>1 Carrot</td>
<td></td>
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<tr>
<td>2 Potato</td>
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<tr>
<td>3 Radish</td>
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<tr>
<td>4 Turnip</td>
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<tr>
<td>5 Parsnip</td>
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<tr>
<td>6 Jicama</td>
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<tr>
<td>7 Rutabaga</td>
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<td>8 Yam</td>
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</tbody>
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Answers: 1) root, 2) tuber, 3) root, 4) root, 5) root, 7) root, 8) tuber.

Reasons to Eat Root Vegetables
A ½ cup of most root vegetables – like jicama, potatoes, rutabagas, turnips – has lots of vitamin C. Eating root vegetables is also a good way to get healthy complex carbohydrates. Complex carbohydrates give your body energy, especially for the brain and nervous system.

Complex Carbohydrate Champions:*
Corn, dry beans, peas, and sweet potatoes.
*Complex Carbohydrate Champions are a good or excellent source of complex carbohydrates.

How Much Do I Need?
A ½ cup of sliced root vegetables is about one cupped handful. Most varieties can be eaten raw (jicama, turnips) or cooked (potatoes, rutabagas). They come in a variety of colors from white and yellow to red and purple.

Remember to eat a variety of colorful fruits and vegetables throughout the day. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need.

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.