



GrowingGreat Veggies & Fruits

A National STEM Education Program

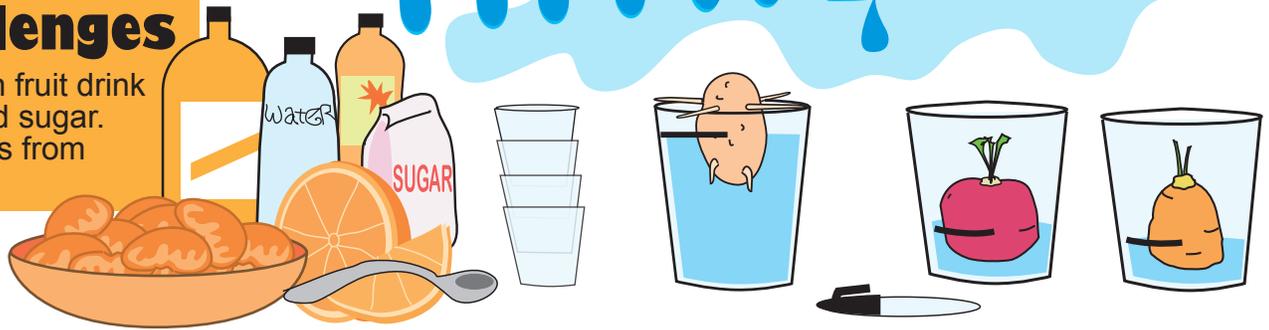
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THIRSTY?

The Challenges

Develop your own fruit drink without any added sugar. Grow new veggies from old veggies.



Thirsty People

You will Need: (for each team of children) orange soda, orange sports energy drink, mandarin oranges in 100% juice, water, fresh orange slices, granulated sugar, teaspoon, small clear plastic cups

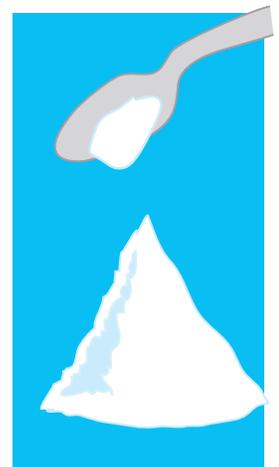
- Discuss the soda, energy drink and oranges. Which do you think has the most added sugar?
- Read the serving size. If one item has a 1-cup serving and the other has ½-cup but they have the same grams of sugar/serving, which has the highest amount of sugar?
- For each item, measure the number of teaspoons of added sugar per 1-cup serving into an empty cup.
- Pour a small amount of each item into cups for each of you to taste. How are they different?
- Write a recipe for a fruit drink without added sugar. Mix the ingredients together and taste. Decide among your class which is your favorite.

Thirsty Plants

- You will Need:** carrot tops, beet tops, small sprouted potatoes, plastic cups and plates, sturdy toothpicks, water, marker
- Have an adult cut off the tops and green parts of the carrots and beets. Fill the cups with ½” water and place one veggie in the water in each cup.
 - Use the toothpicks to hang your potato over a cup about half full of water, so that half is in the water and half out.
 - Mark a line at the top of the water level of each cup.
 - Check your plants regularly and watch the water level. What do you notice? Add water when needed.
 - Discuss which direction your veggies need room to grow. Transplant your veggies into a garden or deep pot with soil so they have plenty of room.

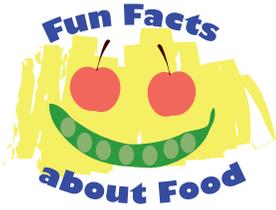
What Do You Think?

Were you surprised by how many teaspoons of sugar you measured from each drink?
What made you pick the drink that you picked as your favorite?
What other fruits could you use to make a drink?
Make a prediction about what will happen to the water level in the cup.
What would happen to the plants if there wasn't any water in the cup?



PARENT PAGE

Your child was a scientist today – making hypotheses, solving problems, measuring, recording data, learning about veggies and fruits, and eating their experiments!



When you're thirsty, water is the best choice. Milk and 100% fruit juice are also good beverage choices, as they provide nutrients. Sweetened beverages — like soda, energy drinks, artificial fruit drinks, and sports drinks — include added sugar and minimal nutrients; consider these types of beverages treats, and reserve them for special occasions.

-- Sarah Minkow, MS, RD



Did you know that the human body can survive many weeks without food, but only one week or so without water? That's because water is involved in almost every process in the body -- including temperature regulation, digestion, removal of waste, and transportation of nutrients. Make sure you and your family drink plenty of fluids throughout the day!

At the Library



Check out these two fruit-juice inspired books!

Super Zombie Juice Mega Bomb by M.J. Ware. CG Press LTD, 2012.

The Lemonade War by Jacqueline Davies. HMH Books for Young Readers, 2009.



Satisfy your child's sweet tooth with another no-added-sugar recipe!

- ½ cup nonfat plain Greek yogurt
- ½ cup Del Monte® mandarin oranges in 100% juice
- Optional toppings: nuts (pecans, walnuts, or almonds), dried fruit (cranberries or cherries), fresh fruit (blueberries, raspberries, strawberries or blackberries), shredded coconut, seeds (sunflower or pumpkin seeds), hulled fresh mint or basil, chopped granola, honey

Top yogurt with fruit. Sprinkle fruit with of any suggested toppings, as desired. For more recipes using veggies and fruits, visit delmonte.com/recipes.

GrowingGreat is a California nonprofit with the mission to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.



Illustrated by Dennis Smith

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