



Action Schools! BC

# In Season



Issue one

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.



## All About Veggies

### What is a Vegetable?

A vegetable is considered any edible part of the plant that does not contain seeds.

For example, when you eat lettuce you are eating the leaf of the plant, and when you eat celery you are eating the stem of the plant.



### Eat Local!

In BC, many vegetables are grown locally. Eating vegetables that are locally grown is good for the economy, the environment, and you!

### Health Benefits

Vegetables are a great source of vitamins, minerals, fibre, phytochemicals and antioxidants. These different nutrients allow your body to function properly, help prevent chronic diseases, and make you feel good.



### Eat Your Vegetables!

Try to eat at least one dark green vegetable and one orange vegetable every day.

- Dark green vegetables include broccoli, romaine lettuce and spinach.
- Orange vegetables include carrots, sweet potatoes and winter squash.



### For more information about healthy eating:

- 1 Eating Well with Canada's Food Guide (available in 12 languages) – [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- 2 Eating Well with Canada's Food Guide First Nations, Inuit and Métis – [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- 3 Dietitians of Canada – [www.dietitians.ca](http://www.dietitians.ca)
- 4 Dial-A-Dietitian – [www.dialadietitian.org](http://www.dialadietitian.org) or 1.800.667.3438
- 5 ActNow BC – [www.actnowbc.ca](http://www.actnowbc.ca)
- 6 Action Schools! BC – Vegetable and Fruit Food Guide Serving Sizes – [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)



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