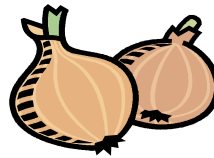


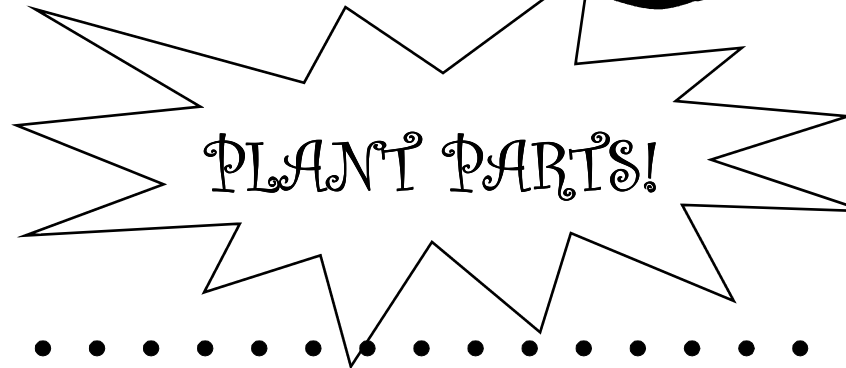


Name: _____

Date: _____



Healthy Eating Around the World



PLANT PARTS!

VARY YOUR VEGGIES!

Draw a picture of your favorite veggie!

- •
- ⇒ ROOTS act like straws, absorbing water and minerals from the soil! ROOTS help the plant stand up and also store extra food!
- •
- ⇒ STEMS support the plant and move water and nutrients from the ROOTS to the LEAVES and other plant parts!
- •
- ⇒ Most plants' food is made in their LEAVES. They capture sunlight and the plant use it to make food!
- •
- ⇒ BULBS are thin layers of LEAVES attached to a short STEM!
- •

What part of this plant do you eat?

Root, Stem, Leaf, or Bulb

1. Cabbage

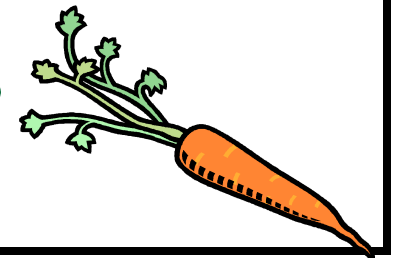
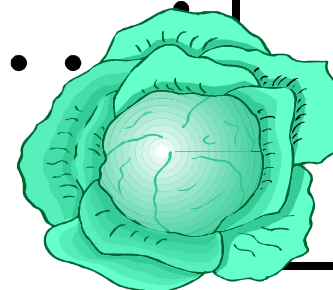
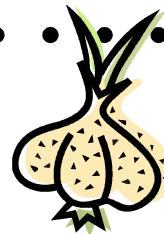
2. Ginger

3. Carrots

4. Garlic

5. Onion

6. Water Chestnuts





Republic of China FUN FACTS

⇒ China is the world's most populous country with about 1.3 billion people, 20% of the Earth's population!

⇒ The average Chinese dinner includes rice, noodles, bread, or pancakes and a meat dish, vegetable and soup.

⇒ In China and other Asian countries, it's a custom to eat noodles on your birthday.

⇒ Long noodles are thought to mean you will live a long life!

⇒ A potsticker, "jiaozi" in Chinese, is traditionally eaten during the Chinese New Year.



SOURCE: Operation Frontline Recipe "Vegetable Potsticker"
The Kids' Multicultural Cookbook, Food and Fun Around the World
<http://dictionary.reference.com/browse/pot%20sticker>
<http://www.cuisinet.com/glossary/china.html>
http://www.wingyipstore.co.uk/chinese_culture-50.html, <http://en.wikipedia.org/wiki/China>

TIME TO COOK! "Plant Part" Potstickers!

INGREDIENTS

- 1/2 head Napa Cabbage, cleaned and cored
- 1/2 cup carrots, peeled and diced
- 3 Tbs shallot, onion, or green onion, minced
- 1 Tbs garlic, minced
- 1 Tbs ginger, minced
- 1/2 small can water chestnuts, drained
- 10-20 wonton wrappers
- 2 Tbs water, reserved
- 1 Tbs vegetable oil

PREPARATION

1. Cut cabbage into 1" pieces.
2. Add remaining prepped vegetables.
3. Place 1 Tbs of filling onto the center of wonton wrapper.
4. Smear water on the edges of the wrapper. Fold and seal.
5. Drizzle oil into hot pan. Fill pan with potstickers, ensuring enough cooking room.
6. Saute potsticker on each side.
7. Add water and cover pan to steam ingredients. Allow to steam 3 minutes.

SAUCE:

- 3 Tbs lime juice
- 6 Tbs honey
- 1 Tbs soy sauce or tamari

Mix ingredients together in a bowl. Serve with potstickers!