If you have more time

1. The vegetable of the day is turnips!
2. Here is a turnip recipe you can use at home.
3. As it says on your recipe card, turnips may help support your immune system.
4. Who has eaten turnips before?

**Answer “yes” or “no”**

1. As you may know, turnips are part of a healthy diet.
2. One way to create a balanced diet is by using MyPlate.
3. MyPlate has 5 food groups: vegetables, fruit, protein, grains, and dairy.
4. It is important to make half of your plate fruits and vegetables.

**Let’s build a balanced meal!**

Work together to create a balanced meal you and your family like, or want to try! Make sure to include turnips, and put all the parts of your meal in their correct food group.

**Work together to build a balanced meal and talk with each other about favorite ways to eat turnips.**