

Mushroom



NUTRITIONAL VALUE

Mushrooms are high in B Vitamins, which help produce energy from the foods we eat.

VARY YOUR VEGGIES

Make half your plate fruits and veggies!

Mushrooms count as a vegetable. Try mushrooms and other colorful vegetables to stay healthy!



WHAT IS IT?

Mushrooms are fungi that grow in damp, dark spaces. Mushrooms commonly used in cooking are white buttons, portobello, and shiitake.

FUN FACTS & TIPS



Mushrooms are actually fungi, not plants, but we eat them as a healthy vegetable.



Pennsylvania grows over 500 million pounds of mushrooms every year!



Add mushrooms to your pizza for a healthy topping.



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This resource was created based on previous MyPlate Food Fact Cards developed by the USDA. This project was funded using U.S. Department of Agriculture grant funds. USDA is an equal opportunity provider, employer, and lender.

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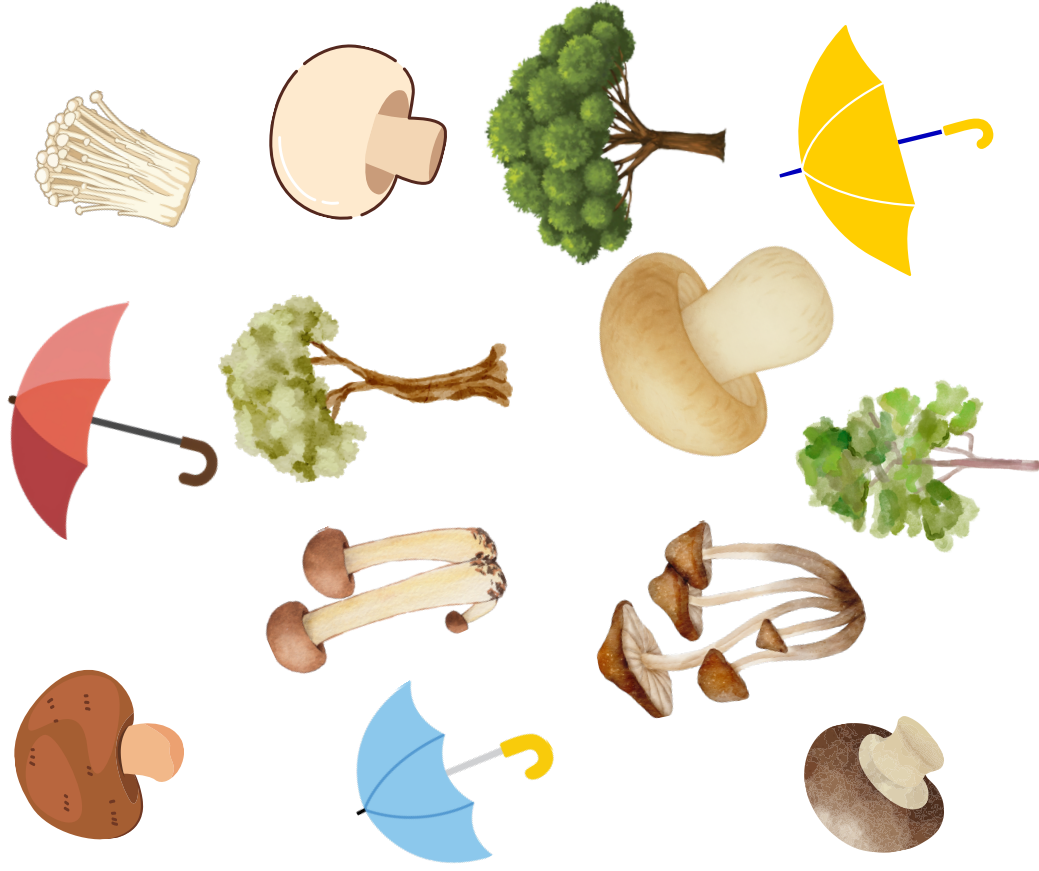


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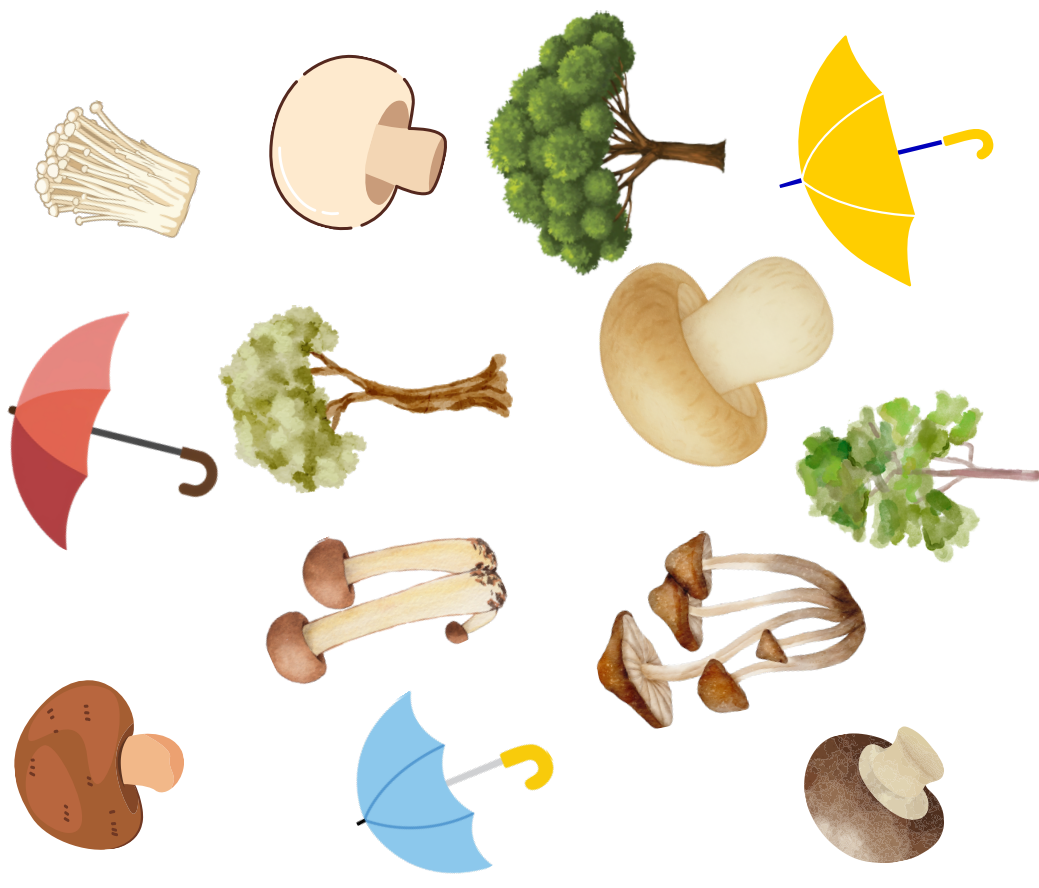
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SPOT THE MUSHROOM CAPS



1. How many mushroom caps do you see?
2. Draw a circle around the button mushrooms.
3. Draw a box around the tall mushrooms.

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