

# Let's Get to the Points

Name \_\_\_\_\_

Date \_\_\_\_\_

Group members \_\_\_\_\_

## Directions

Using the following point system, determine the points for each of your vegetable cards. Then add up the total points for all the cards.

**TABLE 25.1 Veggiemanía Card Points**

100-point cards	Top vegetables (very nutrient dense)
	Broccoli, cabbage, carrots, chard, collard greens, winter squash, sweet potatoes, kale, spinach, tomatoes
50-point cards	Good vegetables (all the rest)
	Asparagus, avocado, celery, cauliflower, romaine lettuce, parsley, squash, beets, cucumbers, eggplant, mushrooms, onions, radishes, turnips

**TABLE 25.2 Veggiemanía Scorecard**

Vegetable	Points	Vegetable	Points

Total points for all vegetables: \_\_\_\_\_