

Name _____ Date _____

4. Name three vegetables that are high in folate.

5. Name three vegetables that are high in vitamin C.

6. Select a vegetable that is currently in season and describe how to select and store it. Review its Nutrition Facts label. Is it a good or high source of any vitamin or mineral? If so, what are they?

7. Why do all forms of fruits and vegetables matter? What are the advantages of convenience forms?

8. Using the information you have gathered, write a blog for teens on the importance of eating vegetables. Your blog entry should be at least 75 words.