Name	_ Date	
Adventures in Food and Nutrition! © 2012 Chapter 16: Versatile Vegetables—Writing Activity		
Fruits & Veggies: More Matters		
Vegetables are packed with nutrients. They also contain other compound phytonutrients. Many people in the United States do not eat enough of the United States do not enough of the Unit		
Imagine you are gathering information to write a blog about vegetables Matter website below for more information.	. Visit the Fruits and Veggies	
http://www.fruitsandveggiesmatter.gov		
Activity Questions  1. Why are fruits and vegetables important?		
2. What key nutrients do fruits and vegetables contain?		
3. What is the difference in a vegetable that is high in a nutrient and on nutrient?	e that is a good source of a	

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4. Na	me three vegetables that are high in folate.	
5. Na	me three vegetables that are high in vitamin C.	
	lect a vegetable that is currently in season and describe how to sele strition Facts label. Is it a good or high source of any vitamin or mine	
7. W	ny do all forms of fruits and vegetables matter? What are the advant	tages of convenience forms?
	ing the information you have gathered, write a blog for teens on the getables. Your blog entry should be at least 75 words.	e importance of eating