

Adventures in Food and Nutrition! © 2016
Chapter 16: Versatile Vegetables—Writing Activity

Fruits & Veggies: More Matters

Vegetables are packed with nutrients. They also contain other compounds that promote health called *phytonutrients*. Many people in the United States do not eat enough of these important foods.

Imagine you are gathering information to write a blog about vegetables. Use the Internet to search for answers to the activity questions.

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 one that is a good source of a nutrient?

4. Name three vegetables that are high in folate.

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

Name _____ Date _____

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.