Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions**: In the space provided, brainstorm a list of 20 different vegetables and 20 different fruits. **Spelling counts in your list!!!** Then answer the questions listed.

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| --- | --- |
| VEGETABLE LIST | FRUIT LIST  |
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1. What are the nutritional benefits of eating fruits and vegetables?

2. How can you prevent vegetables from losing vitamins and minerals during cooking?

3. List six common ways to cook vegetables.

4. What is meant by the term “Seasonal?” Give two examples of seasonal fruits.

5. How are fresh, frozen, canned and dried fruits similar? How are they different?

6. How can you prevent fruits from darkening in color after you peel them?