Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_

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**Fruits and Vegetables**

Counting Colors

While eating fruits and vegetables are important, eating a variety of colors of fruits and vegetables is just as important. Answer the following questions, using the vitamin “A” list and the vitamin “C” list below.

How many red fruits and vegetables are in the A list? \_\_\_\_\_\_\_\_\_\_

How many red fruits and vegetables are in the C list? \_\_\_\_\_\_\_\_\_\_

How many yellow/orange fruits and vegetables are in the A list? \_\_\_\_\_\_\_\_\_\_

How many yellow/orange fruits and vegetables are in the C list? \_\_\_\_\_\_\_\_\_\_

How many green fruits and vegetables are in the A list? \_\_\_\_\_\_\_\_\_\_

How many green fruits and vegetables are in the C list? \_\_\_\_\_\_\_\_\_\_

How many blue/purple fruits and vegetables are in the A list? \_\_\_\_\_\_\_\_\_\_

How many blue/purple fruits and vegetables are in the C list? \_\_\_\_\_\_\_\_\_\_

How many white fruits and vegetables are in the A list? \_\_\_\_\_\_\_\_\_\_

How many white fruits and vegetables are in the C list? \_\_\_\_\_\_\_\_\_\_

Which colors do you see the most of in the A list? \_\_\_\_\_\_\_\_\_\_

Which colors do you see the most of in the C list? \_\_\_\_\_\_\_\_\_\_

**The “A” List**

**The “C” List**

Apricots

Asparagus

Butternut Squash

Broccoli

Brussels Sprouts

Cantaloupe

Carrots

Chinese Cabbage

Collard Greens

Endive

Green Leaf Lettuce

Green Peas

Mandarin Oranges

Mangos

Nectarines

Papayas

Persimmons

Pink Grapefruit

Plantains

Prunes

Pumpkin

Red Bell Peppers

Red Grapefruit

Red Leaf Lettuce

Romaine Lettuce

Spinach

Star Fruit

Sweet Potatoes

Swiss Chard

Tangerines

Apricots

Asparagus

Bananas

Blueberries

Broccoli

Brussels Sprouts

Cantaloupe

Carrots

Cauliflower

Collard Greens

Cranberries

Green Bell Peppers

Green Grapes

Green Peas

Honeydew Melon

Jicama

Kale

Kiwifruit

Lemons

Limes

Mangos

Nectarines

Okra

Oranges

Papayas

Peaches

Pineapple

Pink Grapefruit

Plantains

Plums

Potatoes

Prunes

Raspberries

Red Bell Peppers

Red Pears

Rhubarb

Rutabagas

Spinach

Star Fruit

Strawberries

Sweet Corn

Sweet Potatoes

Tangerines

Tomatoes

Watermelon

White Grapefruit

Yellow Bell Peppers

Daily Fiber

Every day you should be eating 25-30 grams of fiber. Most Americans don’t get that in their diet. In the space below list your 5 favorite fruits and or vegetables.

|  |  |  |
| --- | --- | --- |
| Favorite Fruit/Vegetable | Amount of Fiber | Calories per serving |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| TOTALS |  |  |

Using the nutritional information at the following webpage <http://www.wehealnewyork.org/healthinfo/dietaryfiber/fibercontentchart.html>, determine the total amount of fiber in your diet if you ate 5 servings of your fruits and/or vegetables a day. Add up the total calories as well.

1. How close does eating 5 fruits and or vegetables a day bring you to the total amount of fiber needed daily? Would it make a significant difference to add fruits and or vegetables to you diet?

2. How many total calories did it add? Would it be worth the caloric increase to get the increase in fiber? What other ways can you increase fiber intake?

What do you know?

Choose a fruit or vegetable that you are fond of or one that you would like to get to know better. Create a character out of that fruit or vegetable (like Gretta Grapefruit or Barry Banana). Create a story about that fruit or vegetable using the character. Your book should be a creative shape that reinforces something from the story. Feel free to use class books for information as needed. The story must include the following:

1. Nutritional information, ways to use this food in your diet (snack, salad, etc…)

2. Ways to fix this food (cooking methods, eat raw, etc… you can include a recipe)

3. Fruit and vegetable friends (if they have any that go good with them such as carrots and celery)

4. Color group, classifications, interesting facts, etc…