

Name \_\_\_\_\_

## Nature's Nutrient Treasure Chest: The Role of Fruits and Vegetables in Providing Essential Vitamins and Minerals

### Short Answer

1. Name two fruits that are excellent sources of vitamin C.
2. Explain why a variety of colorful fruits and vegetables is essential for a balanced diet.
3. What does folate, also known as vitamin B9, contribute to in the body?
4. How can iron-rich foods benefit your energy levels?
5. Describe the role of antioxidants in protecting the body.

