

Name _____

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

Open-Ended Response Questions

1. Create a colorful meal plan for a day that includes a variety of fruits and vegetables, explaining the nutrients each food provides.
2. Discuss the importance of incorporating a balanced diet that includes all food groups, not just fruits and vegetables, for overall health.
3. Share a personal experience or story about how consuming a diet rich in fruits and vegetables positively impacted your health or the health of someone you know.
4. Imagine a world without access to fruits and vegetables. How would it affect the health of individuals in that world, and what health challenges might arise?

