

Name _____

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

Short Answer Key

1. Two possible answers: Oranges and strawberries.
2. A variety of colorful fruits and vegetables is essential for a balanced diet because each color represents a unique set of nutrients. By consuming a variety, you ensure that your body receives a wide range of vitamins and minerals.
3. Folate, also known as vitamin B9, contributes to cell division and growth.
4. Iron-rich foods benefit energy levels by helping transport oxygen throughout the body, providing the energy needed for various functions.
5. Antioxidants protect the body by preventing cell damage from harmful molecules called free radicals.

