

Name _____

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

Open-Ended Response Answer Key

1. Answers will vary but should include a colorful meal plan for a day that includes specific fruits and vegetables, along with explanations of the nutrients each food provides.
2. A balanced diet that includes all food groups is essential for overall health because it ensures that the body receives a wide range of essential nutrients, not just those found in fruits and vegetables. This variety is necessary for proper growth, development, and maintenance of bodily functions.
3. Answers may include personal anecdotes about how a diet rich in fruits and vegetables led to improved health, such as increased energy levels, better digestion, or enhanced immune function.
4. In a world without access to fruits and vegetables, individuals might suffer from nutrient deficiencies, compromised immune systems, and a higher risk of chronic diseases. Health challenges could include vitamin and mineral deficiencies, weakened immunity, and digestive problems.

