

Name _____

Fruit and Veggie Power: Why Kids Should Eat More of Them

Short Answer

1. Name one superhero quality of fruits and vegetables mentioned in the persuasive piece.
2. How can fruits and vegetables help boost your brain according to the text?
3. Explain how fruits and vegetables provide a steady supply of energy.
4. Which specific nutrients in fruits and vegetables are essential for strong bones?
5. What's the main takeaway or message the author wants you to remember about eating fruits and vegetables?

