

Name _____

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

Open-Ended Response Questions

1. The persuasive piece mentions that fruits and vegetables are like superheroes of the food world. What are some examples of nutrients they contain that make them "superheroes," and how do these nutrients benefit kids?
2. How can eating a variety of colorful fruits and vegetables improve a child's overall health and well-being, according to the persuasive piece?
3. The text suggests that fruits and vegetables provide a steady supply of energy. Explain how the natural sugars and fiber in these foods contribute to sustained energy levels throughout the day.
4. In the persuasive piece, it's mentioned that certain fruits and vegetables are beneficial for strong bones. Describe the specific nutrients and foods highlighted in the text that support bone health and growth in kids.

