

Name _____

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

Multiple Choice Answer Key

1. c) Vitamins, minerals, and antioxidants
2. c) They boost brain power, concentration, and creativity.
3. b) They are high in natural sugars and fiber.
4. c) Calcium and vitamin D
5. b) Kids should eat more fruits and vegetables for their health benefits.

