

Name _____

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

Short Answer Key

1. One superhero quality of fruits and vegetables is that they are packed with vitamins, minerals, and antioxidants, which help keep kids healthy and strong.
2. Eating a variety of colorful fruits and vegetables can boost a child's brain power, helping with concentration, problem-solving, and creativity.
3. Fruits and vegetables provide a steady supply of energy because they are high in natural sugars and fiber, which release energy slowly and steadily.
4. Specific nutrients for strong bones in kids include calcium and vitamin D, found in foods like broccoli, oranges, and spinach.
5. The main takeaway is that kids should eat more fruits and vegetables for their health benefits, including improved overall health, brain power, and energy levels.

