

READ AND THEN CHOOSE THE CORRECT ANSWER.

FRUITS AND VEGETABLES

Eating fruits and vegetables every day helps prevent disease and give a person a stronger body. They come in all shapes and sizes and add color to any meal. Many are portable also and can provide a quick snack or add to a lunch.

There are ten reasons to eat more fruits and vegetables.

First, fruits and vegetables provide a wide variety of colors for your meal. A salad of grapefruit slices, mango, bananas, purple grapes and kiwi fruit provides a rainbow effect on a plate. A mixture of colorful vegetables might include red onions, corn, broccoli, and black beans. A good snack is a combination of fruit and nuts. This may include dried apples, dried peaches, dried pears and dried cherries. These are fruits of different colors. Items of different colors can be put on a pizza. Red and green peppers, black olives, spinach, and mushrooms will provide a colorful treat.

Secondly, fruits and vegetables can be very convenient to eat. Frozen fruits and vegetables usually are picked and frozen immediately, preserving all of the vitamins and minerals. Canned fruits and vegetables are other options. They contain all of the nutrients of fresh. Canned vegetables are already cooked prior to packaging to make an instant addition to a meal. Freeze-dried fruits can be crunchy and good for snacks. Juice from

many fruits and vegetables is also available.

Third, fruits and vegetables contain fiber which is needed for good intestinal health. Some have more fiber than others. Apples, blackberries, pears, and raspberries are fruits especially high in fiber. Lentils, beans, beans, and spinach are high-fiber vegetables. Some fruits and vegetables which have lower but still good amounts of fiber are bananas, blueberries, broccoli, green beans and sweet potatoes.

Fourth, fruits and vegetables are low in calories. A healthy plate should have one-half filled with fruits and vegetables. High-calorie foods cause weight gain.

Fifth, eating fruits and vegetables may prevent certain diseases, such as high blood pressure, heart disease and some types of cancer.

Sixth, fruits and vegetables contain many important vitamins and minerals. Calcium is necessary for good bones and teeth. Vitamin C keeps gums healthy and can heal wounds. Vitamin A keeps eyes and skin healthy and can help prevent infection. Magnesium is found in beans and spinach. Potassium is a mineral found in Lima and small white beans.

Seventh, there is such a great variety of fruits and vegetables that there is always a different one to try.

Eighth, fruits and vegetables are a quick snack and more natural and good for you than potato chips and candy. They have fewer calories and fat too.

Ninth, fruits and vegetables can be fun to eat. Some, like apples, crunch. Bananas are rather soft. Some must be peeled. Some are squishy, like raspberries. Carrots are

very hard and crunchy to bite when raw. Some people can grow fruits and vegetables in their own yards, making eating them really exciting.

Tenth, it is worth repeating that fruits and vegetables are good for you, taste good, and have lots of vitamins and minerals.

1 Calcium helps keep bones and teeth in good shape.

a True **b** False **c** Doesn't say

2 Apples are low in fiber.

a True **b** False **c** Doesn't say

3 Vitamin A will help with teeth.

a True **b** False **c** Doesn't say

4 Fruits and vegetables are high in calorie.

a True **b** False **c** Doesn't say

5 Fruits and vegetables come in many different colors.

a True **b** False **c** Doesn't say

6 A plate should have about one-quarter of its surface filled with fruits and vegetables at a meal.

a True **b** False **c** Doesn't say

7 Fruits and vegetables have lots of vitamins and minerals

a True **b** False **c** Doesn't say

8 Fruits and vegetables are a quick snack, more natural and better for you.

a True **b** False **c** Doesn't say

9 Potato chips and candy are high in fiber.

a True **b** False **c** Doesn't say

10 There is not a great variety of vegetables

a True **b** False **c** Doesn't say