

NUTRITIOUS FOOD - QUIZ

Match the names of nutritious products with its descriptions and pictures.

avocados, bell peppers, broccoli, cucumbers, nuts, asparagus, bananas, oranges, carrots, blueberries

	 are among the world's best sources of potassium. They're also high in vit. B6 and fiber.
	 are popular root vegetables. They are extremely crunchy and loaded with nutrients such as fiber and vitamin K.
	 are crunchy and sweet and come in several colours, including red, yellow, and green. They are also a great source of antioxidants and vitamin C.
	 are not only delicious but also one the most powerful sources of antioxidants.
	 is a popular vegetable. Both low in both carbs, calories and loaded with vitamin K.
	 are different than most fruits because they are loaded with healthy fats instead of carbohydrates.
	 is a vegetable that tastes great both raw and cooked. It's an excellent source of fiber and vitamins C and K and contains quite an amount of protein compared with other vegetables.
	 are crunchy, filling, and loaded with important nutrients like magnesium and vitamin E.
	 are well known for their vitamin C content. What's more, they're high in fiber and antioxidants.
	 are one of the world's most popular vegetables which contain a number of nutrients in small amounts, including vitamin K. They're very low in carbohydrates and calories and consist mostly of water.