

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching each segment on *Fruit and Vegetables: Color Power*, answer the following review questions.

#### WHY EAT FRUITS AND VEGETABLES?

1. What do fruits and vegetables contain that make them important to eat to benefit your body? \_\_\_\_\_

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2. What are vitamins and minerals? \_\_\_\_\_

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3. Why is it important to get vitamins and minerals through food? \_\_\_\_\_

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4. How are phytochemicals (phytonutrients) different from vitamins or minerals? What do they do? \_\_\_\_\_

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## HOW MUCH DO I NEED?

1. What basic advice does the dietitian offer for the amount of fruits and vegetables to eat each day? \_\_\_\_\_

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2. What counts as a serving? \_\_\_\_\_

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3. Why is it important to eat a variety of fruits and vegetables? \_\_\_\_\_

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## HOW CAN I EAT MORE?

1. List some ideas for increasing your daily fruit and vegetable servings. What are your favorite ways to eat fruits and vegetables? \_\_\_\_\_

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2. How can you make fruits and vegetables a convenient choice when you're hungry? \_\_\_\_\_

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3. "Fake" fruits and vegetables don't offer the same health benefits as whole fruits and vegetables. Name a healthy alternative you could substitute for the imposters listed below.

Fruit roll-up \_\_\_\_\_

Fruit flavored drink \_\_\_\_\_

Veggie sticks \_\_\_\_\_

Dried peas \_\_\_\_\_

## HOW DO I SELECT FRUITS AND VEGETABLES?

1. Why is buying seasonal produce a good choice? \_\_\_\_\_

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2. How can you speed up the ripening process of fruit? \_\_\_\_\_

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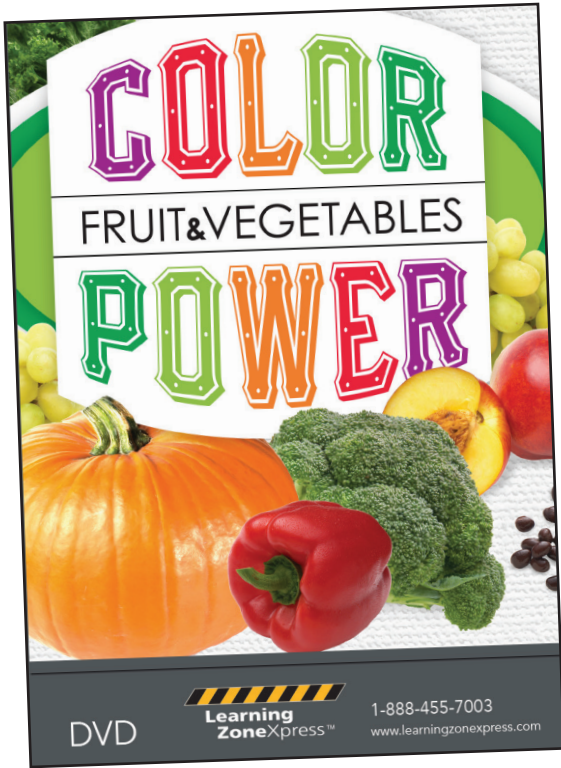
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3. What should you do to produce before eating it? \_\_\_\_\_

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# ANSWER KEY

## Review:

After watching each segment on *Fruit and Vegetables: Color Power*, answer the following review questions.

### WHY EAT FRUITS AND VEGETABLES?

1. What do fruits and vegetables contain that makes them important to eat to benefit your body? \_\_\_\_\_

***Fruits and vegetables contain vitamins and minerals for physical growth and development, water for hydration, and fiber to help keep you feeling full.***

2. What are vitamins and minerals? \_\_\_\_\_

***Vitamins and minerals are compounds found in foods that are essential for optimal growth. Vitamins are organic compounds and minerals are inorganic substances. Both vitamins and minerals are needed by the body to stay healthy.***

3. Why is it important to get vitamins and minerals through food? \_\_\_\_\_

***Consuming vitamins and minerals through food is a better way to absorb nutrients than through pill form. It is safer to consume them through foods. Supplements are not regulated by the FDA (Food and Drug Administration), which means they are not guaranteed to be safe and effective by the FDA.***

4. How are phytochemicals (phytonutrients) different from vitamins or minerals? What do they do? \_\_\_\_\_

***Phytochemicals are different from vitamins and minerals because they are substances that are only found in plants and they can help prevent certain types of cancer and heart disease.***

## HOW MUCH DO I NEED?

1. What basic advice does the dietitian offer for the amount of fruits and vegetables to eat each day? \_\_\_\_\_

***Eat as many fruits and vegetables as possible because they are hard to overeat. An easy way to do this is to fill half your plate with fruits and vegetables.***

2. What counts as a serving? \_\_\_\_\_

***½ cup = 1 handful and 1 cup = 2 handfuls. You can also measure using a measuring cup and placing the fruit or vegetable in a bowl to get a good visual for future servings.***

3. Why is it important to eat a variety of fruits and vegetables? \_\_\_\_\_

***It is important to eat a variety of fruits and vegetables so you get a variety of vitamins and minerals. Color diversity is also important because each color has a different health benefit.***

## HOW CAN I EAT MORE?

1. List some ideas for increasing your daily fruit and vegetable servings. What are your favorite ways to eat fruits and vegetables? \_\_\_\_\_

***Answers will vary.***

***Sample responses may include: Top cereal with berries and banana slices; Add fruit to waffles or pancakes; Make a salad; Carry vegetables with you for a snack; Serve fruit for dessert***



2. How can you make fruits and vegetables a convenient choice when you're hungry? \_\_\_\_\_  
**Fruits and vegetables are a convenient choice when you buy them and have them on hand at home because you're more apt to eat them. Cut them up and prepare them ahead so they are ready to eat.**

3. "Fake" fruits and vegetables don't offer the same health benefits as whole fruits and vegetables. Name a healthy alternative you would eat to the imposters listed below.

Fruit roll-up \_\_\_\_\_

Fruit flavored drink \_\_\_\_\_ **Responses will vary and should include whole fruits**

Veggie sticks \_\_\_\_\_ **and vegetables or 100% juice options.**

Dried peas \_\_\_\_\_

## HOW DO I SELECT FRUITS AND VEGETABLES?

1. Why is buying seasonal produce a good choice? \_\_\_\_\_  
**Buying fruits and vegetables in season means that they'll have the best flavor and they will likely cost less because there is a lot of seasonal produce available.**

2. How can you speed up the ripening process of fruit? \_\_\_\_\_  
**Place the fruit (like a kiwi) in a paper bag with an apple that doesn't have any wax on the surface. (Most grocery stores have apples coated in wax to protect the surface and make the apples shiny.) The apple will give off ethylene gas, which naturally helps ripen the fruit.**

3. What should you do to produce before eating it? \_\_\_\_\_  
**Wash it under cold water to remove any surface dirt or bacteria from the ground or hands touching the produce at the market. Green leafy vegetables and lettuce should have the outer layers peeled off. Throw away anything that has wilted.**