

FROTIS OR VEGETABLES.???

3. Check or write in the nam	ne of the fruit or vege	table you choose to	research.
Fruits: bananas spinach	apples peppers	oranges eggplants	other
4. Write a list of the nutrien minerals, fiberetc.	is this fruit or vegeta	oie contains; e.g., t	pes of vitainins or
-	ain the health	4. Write two	interesting facts about your
-	ain the health		-
Circle one of the nutrients. Exploenefits it gives us.	ain the health		-
-	ain the health		-
-		or vegetabl	-
penefits it gives us.		or vegetabl	-
5. Describe a simple, healthy		or vegetabl	-