Vegetables

plant that can be partially or wholly eaten

Vegetables contain more and less\_\_\_\_\_\_ than fruits.

Botanical Classifications

Leaves -

Stems and shoots –

Roots –

Tubers -

Bulbs -

Seeds -

Fruits-

Flowers –

Color and nutrient value

Red:

Green:

White:

Yellow:

Vegetables provide the following Vitamins and Minerals:

Vegetables contain NO \_\_\_\_\_.

They are low in , and (They are “Nutrient Dense”)

Choose , , or vegetables

Eat , and dark vegetables.

Three things that destroy nutrients in vegetables:

1.

2.

3.

Wash vegetables before eating to remove and dirt that might remain on the skin.

The two **BEST** methods for cooking vegetables are:

1.

2.

You can also:

1.

2.

3.

4.

Four ways to preserve nutrients when cooking vegetables are:

1. Cook in rather than pieces.
2. Use small amounts of .
3. Cook until .
4. Save cooking to use in soups or gravies for added .

Select Vegetables that are:

1.

2.

3.

4.

5.

6.

7.