

# Nutrient Comparison Worksheet Answer Key

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1. Which fruit contains the highest Percent Daily Value of vitamin A? Watermelon
2. Which vegetable contains the highest Percent Daily Value of vitamin A? Carrots
3. Which fruit or vegetable contains the lowest Percent Daily Value of vitamin A? Strawberries (fruit) or potatoes (vegetable)
4. Which fruit contains the highest Percent Daily Value of vitamin C? Oranges
5. Which vegetable contains the highest Percent Daily Value of vitamin C? Sweet red peppers
6. Which fruit or vegetable contains the lowest Percent Daily Value of vitamin C? Apples (fruit) or green beans (vegetable)
7. List some fruits and vegetables that are higher in fiber than others. Broccoli, carrots, corn, sweet red peppers, pears, oranges all have 2 grams of fiber or more per serving
8. Find two fruits and two vegetables that are high in both vitamin A and vitamin C and list them. Watermelon and plums (fruit) and sweet red peppers and broccoli (vegetables)
9. Which way is easier for you to compare the nutritional value of fruits and vegetables—the Nutrition Facts labels provided or the graphs you made? Answers vary  
Why? Answers vary
10. From the nutrient information provided, nominate one fruit or vegetable to be the “Best Produce” award winner. What fruit or vegetable did you choose? Answers vary  
Why? Answers vary
11. Plan meals and snacks for one day so you would eat a total of three or more vegetable servings and two or more fruit servings. Answers vary
12. Why is it important to eat a wide variety of foods? Answers vary