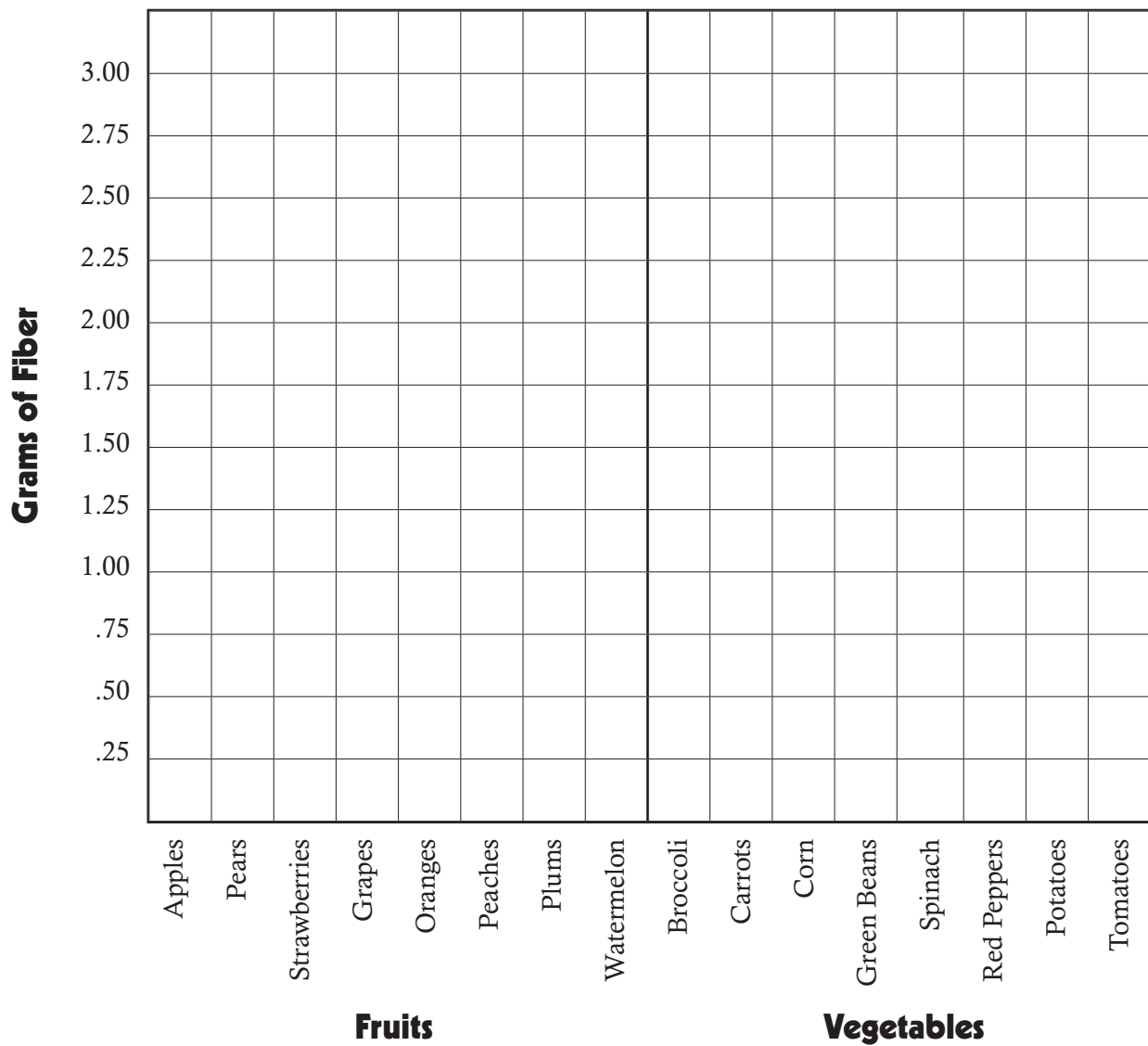


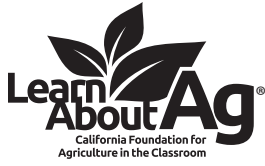


Dietary Fiber

Name: _____

Dietary fiber is found in fresh fruits and vegetables and in grains such as wheat and oats. Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. The *2015 Dietary Guidelines for Americans* recommends that young people between the ages of 9 and 18 consume 22-31 grams of fiber each day, depending on age, gender, and physical activity. Use the information from the *Fresh Fruits and Vegetables Nutrition Facts* handout to create a bar graph on fiber quantities in fresh fruits and vegetables.

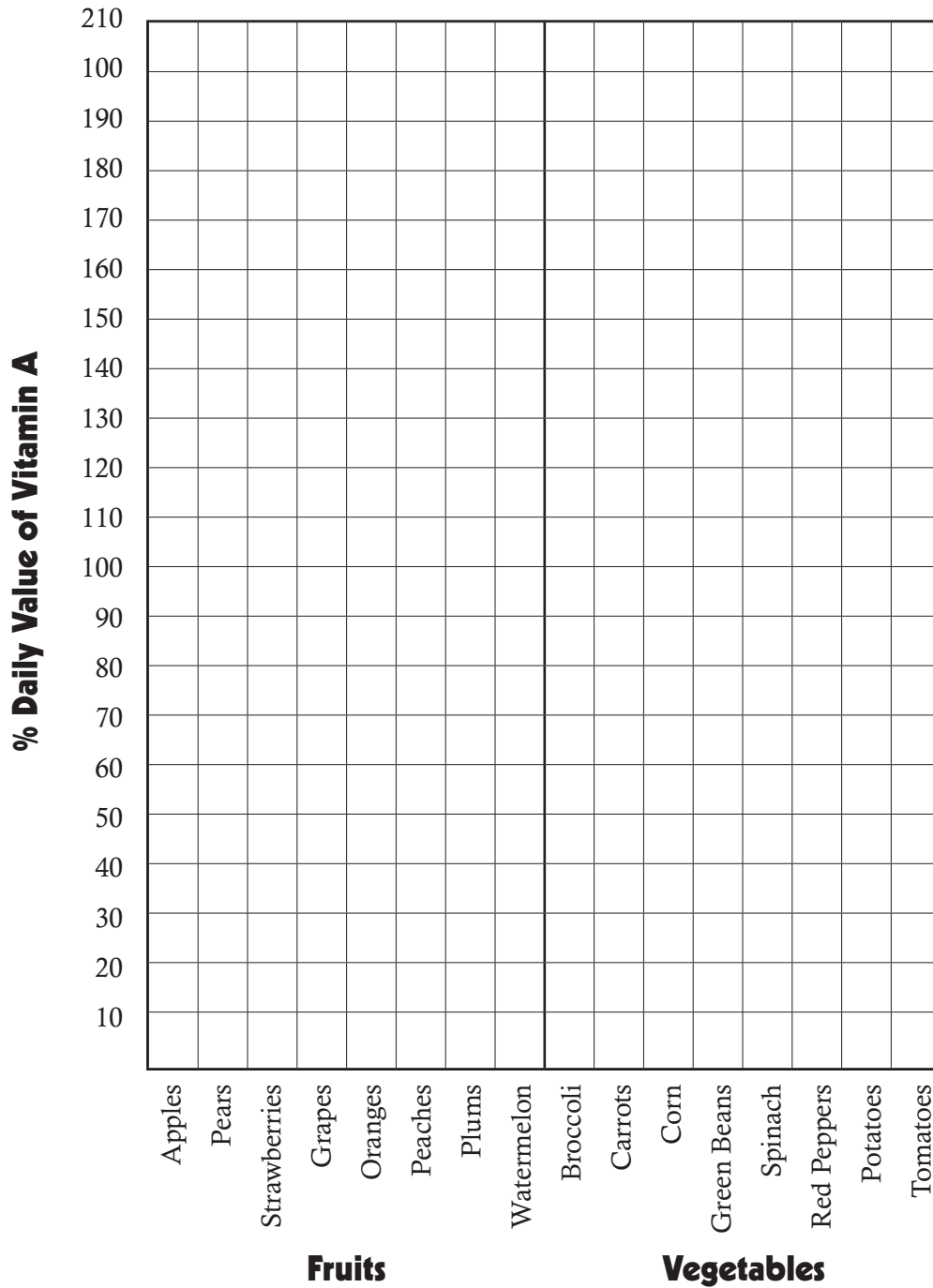


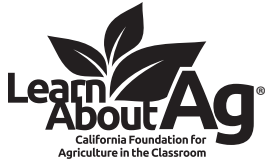


Vitamin A

Name: _____

Vitamin A helps maintain good vision, fight infections, and keep your skin healthy. Use the information from the *Fresh Fruits and Vegetables Nutrition Facts* handout to create a bar graph showing vitamin A quantities in specific fruits and vegetables.





Vitamin C

Name: _____

Vitamin C, also known as ascorbic acid, helps the body heal cuts and wounds and helps lower the risk of infections. Vitamin C is only found in plant foods. Use the information from the *Fresh Fruits and Vegetables Nutrition Facts* handout to create a bar graph showing the vitamin C quantities in fresh produce.

