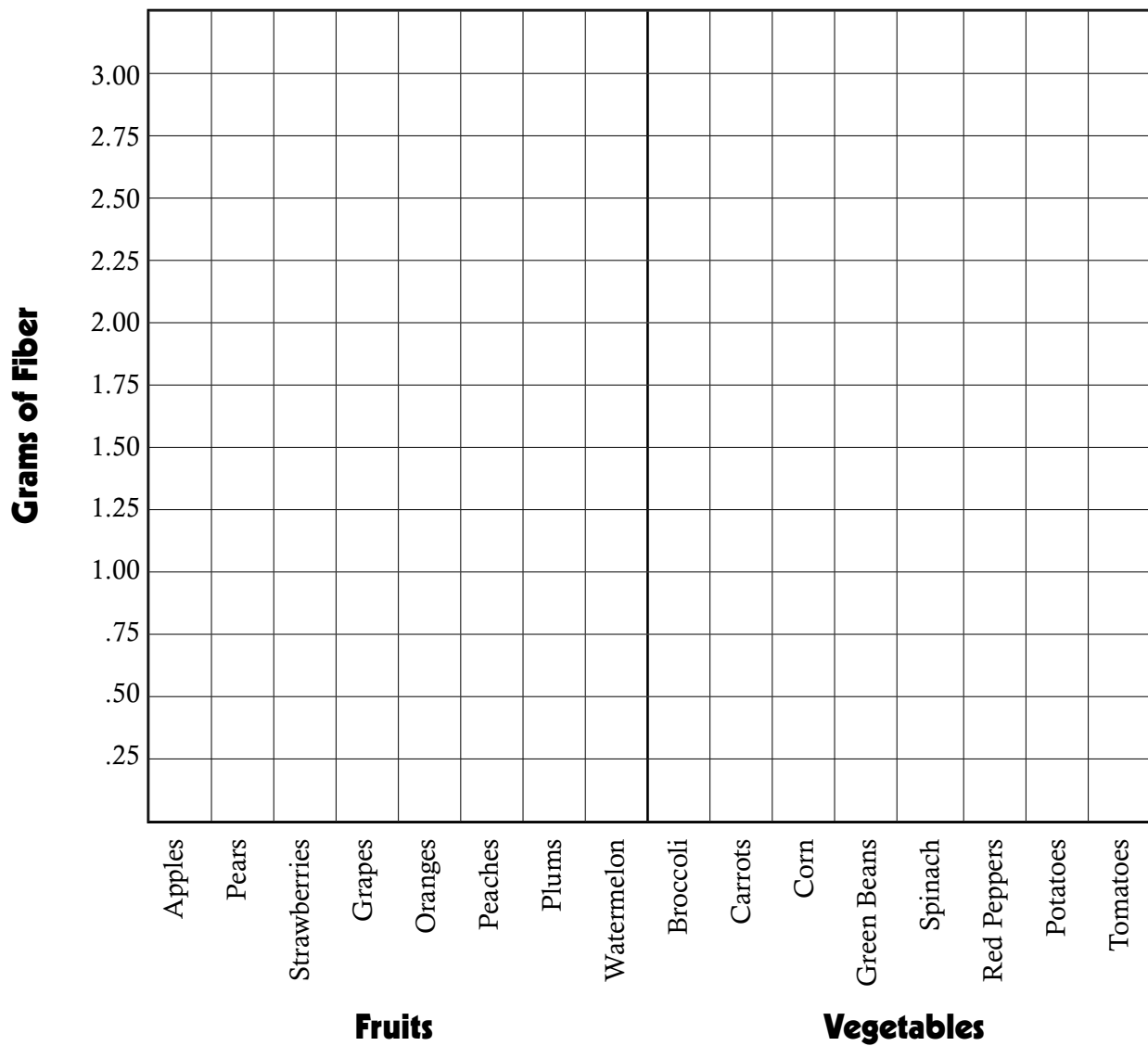


Dietary Fiber

Name: _____

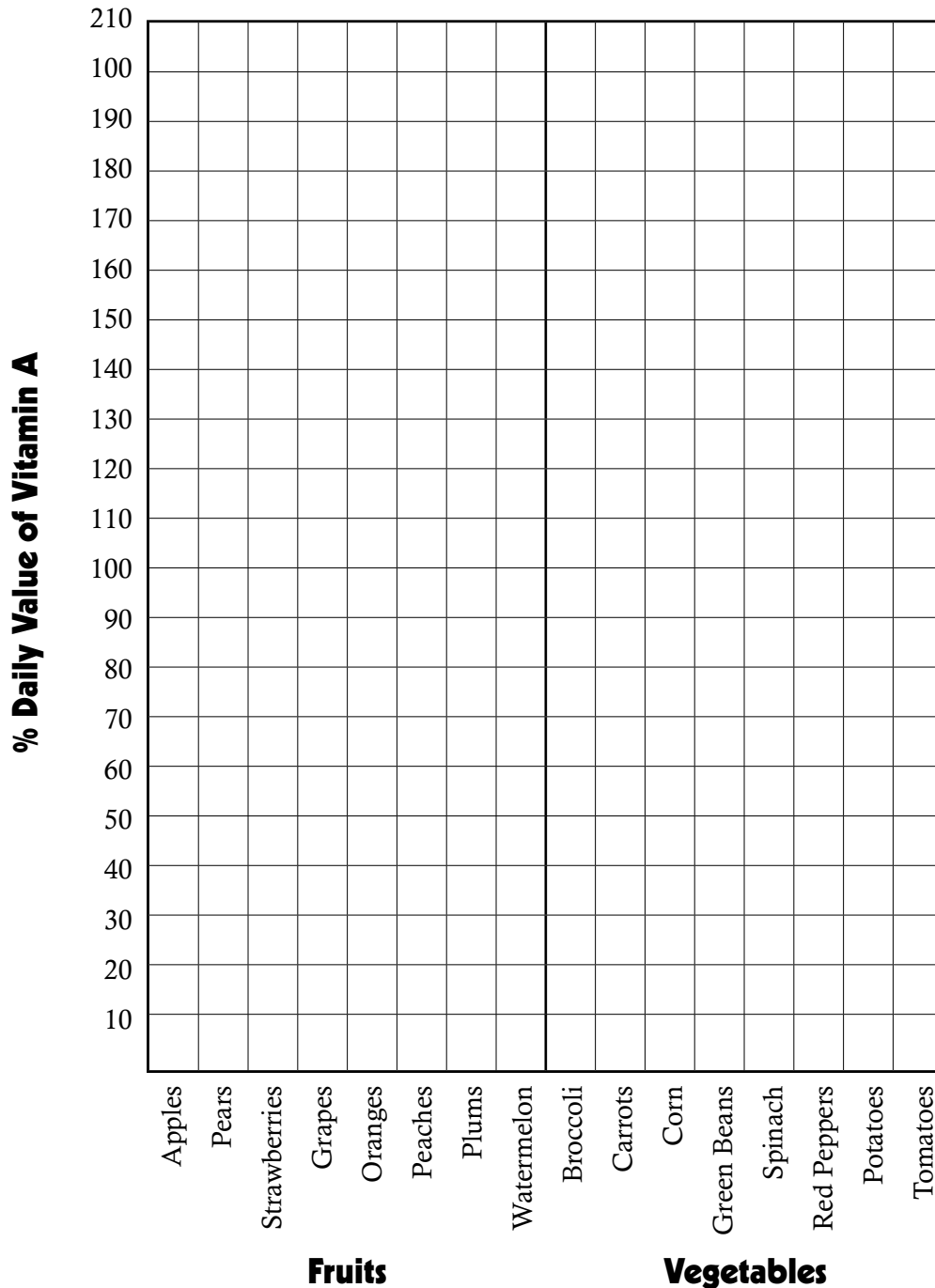
Dietary fiber is found in fresh fruits and vegetables and in grains such as wheat and oats. Fiber is necessary to maintain a healthy digestive tract and to prevent chronic illness and even cancer. The *2010 Dietary Guidelines for Americans* recommends that young people between the ages of 9 and 18 consume 22-31 grams of fiber each day, depending on age and gender. 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 is an important nutrient required for the development of healthy bones, skin tissues, and mucous membranes such as the moist tissue around your eyes and in your nose. It is also important for night vision. People lacking vitamin A have trouble seeing at night. Vitamin A is also important in preventing certain kinds of cancer. 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, is required for strong gums and healthy tissues. Scurvy is a disease caused when people lack vitamin C. Sailors and other explorers were known to suffer from this disease because of a lack of fresh fruits and vegetables in their diets. In 1795, the British navy made it a requirement that lime juice be a part of the sailors' diets so they would not get scurvy. 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.

