

# Nutrient Comparison Worksheet

Name: \_\_\_\_\_

**Instructions:** Using the graphs or labels provided, answer the questions below. As you complete the worksheet, think of why eating a wide variety of foods benefits your health. In this activity, categorize tomatoes as vegetables, even though they are scientifically fruits.

1. Which fruit contains the highest Percent Daily Value of vitamin A? \_\_\_\_\_

2. Which vegetable contains the highest Percent Daily Value of vitamin A? \_\_\_\_\_

3. Which fruit or vegetable contains the lowest Percent Daily Value of vitamin A? \_\_\_\_\_

4. Which fruit contains the highest Percent Daily Value of vitamin C? \_\_\_\_\_

5. Which vegetable contains the highest Percent Daily Value of vitamin C? \_\_\_\_\_

6. Which fruit or vegetable contains the lowest Percent Daily Value of vitamin C? \_\_\_\_\_

7. List some fruits and vegetables that are higher in fiber than others.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



8. Find two fruits and two vegetables that are high in both vitamin A and vitamin C and list them.

\_\_\_\_\_

9. Which way is easier for you to compare nutritional value of the fruits or vegetables—the labels provided or the graphs you made? \_\_\_\_\_ Why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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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. Write each food item in the chart below.

Breakfast	Lunch	Dinner	Snacks

12. Why is it important to eat a wide variety of foods? \_\_\_\_\_

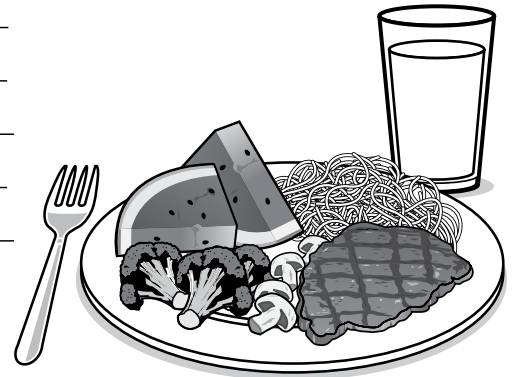
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**For Fun!** How many different definitions can you find for the words “fruit” and “vegetable?”