

Fruits and Vegetables

*Technology Communications - 1st period
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Fact 1



Fruit -

A sweet and fleshy product of a tree or other plant that contains seeds, and can be eaten as food.

Fact 2

Vegetable -

a plant or part of a plant used as food.



Fact 3

Fruits and vegetables have tons on fiber

•Benefits

- helps keep your bowel movements regular*
- help lower cholesterol*
- regulate blood sugar*
- help you feel fuller for a longer period of time*



Fact 4

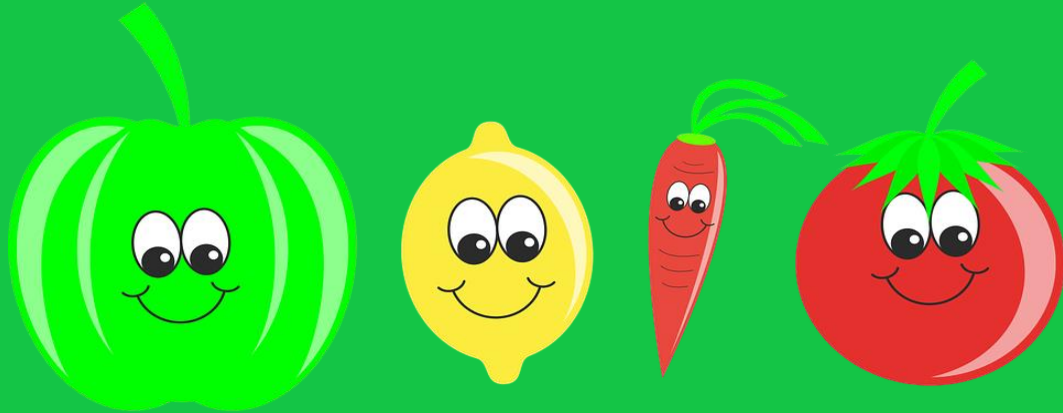
Eating more fruits and vegetables could significantly reduce the risk of many chronic diseases, high blood pressure, obesity, heart disease, and some cancers.



Fact 5

Vegetables are low in calories and fats but contain good amounts of vitamins and minerals.

- Home for many antioxidant*



Fact 6

We should eat at least 3-4 servings of vegetables per day and at least 4 servings of fruit per day.



Fact 7

Most fruits are naturally low in fat, sodium, and calorie. No fruits have cholesterol.



Fact 8

You can eat fruits and vegetables fresh, frozen, or even drink it, and you'll get the same benefits.



Fact 9

Bananas are a favorite fruit around the world because they taste good and they are high in potassium

• Fun Fact - The bananas we eat are actually all cloned from a single banana plant in South Asia, which means that every single banana is actually the same.



Fact 10

Did you know?

• Lemons can kill bacteria because they have high content of acid which makes them suitable for cleaning.



The End!