



FRUITS and VEGETABLES

By Lindsay Snea





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A Crabtree Seedlings Book



Crabtree Publishing

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School-to-Home Support for Caregivers and Teachers

This book helps children grow by letting them practice reading. Here are a few guiding questions to help the reader with building his or her comprehension skills. Possible answers appear here in red.

Before Reading:

- What do I think this book is about?
 - *I think this book is about food.*
 - *I think this book is about fruits and vegetables.*
- What do I want to learn about fruits and vegetables?
 - *I want to learn why fruits and vegetables are good for us.*
 - *I want to know more about how many we should eat in a day.*

During Reading:

- I wonder why...
 - *I wonder why red fruits and vegetables are good for our hearts.*
 - *I wonder why most fruit juices are high in sugar.*
- What have I learned so far?
 - *I have learned that fruits and vegetables contain carbohydrates.*
 - *I have learned that we need to eat a variety of colors.*

After Reading:

- What details did I learn about fruits and vegetables?
 - *I have learned that each color is good for different parts of our bodies.*
 - *I have learned that we need at least five servings of fruits and vegetables per day.*
- Read the book again and look for the vocabulary words.
 - *I see the word **carbohydrates** on page 3, and the word **fiber** on page 18. The other glossary words are found on pages 22 and 23.*

FRUITS and VEGETABLES



Fruits and vegetables are an important part of a healthy **diet**. They contain **carbohydrates**.



Carbohydrates
give you **energy**
for work and play.

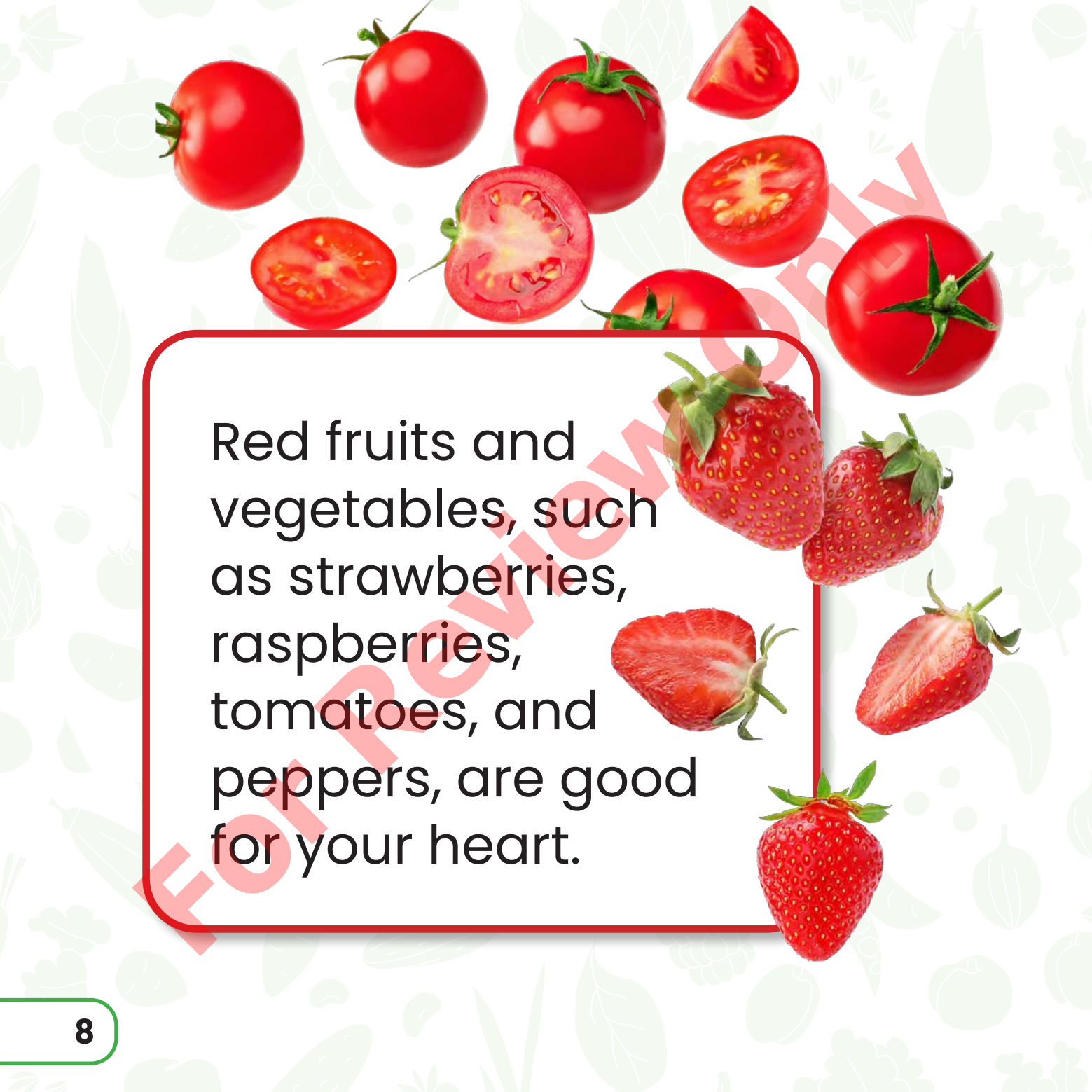




It is important that
you “eat the rainbow.”



This means you need to eat
a variety of different colors.



Red fruits and vegetables, such as strawberries, raspberries, tomatoes, and peppers, are good for your heart.

