**Vegetable Study Guide Notes**

1. Match the vegetable with the type. (HINT: This is the part of the plant you can eat.)

\_\_\_\_ cabbage

\_\_\_\_ asparagus

\_\_\_\_ carrot

\_\_\_\_ garlic

\_\_\_\_ broccoli

\_\_\_\_ potato

\_\_\_\_ corn

\_\_\_\_ tomato

1. Stem
2. Root
3. Flower
4. Fruit
5. Tuber
6. Bulb
7. Leaf
8. Seed
9. What part(s) of the vegetable contains the highest amount of vitamins and nutrients?
10. Which vegetable is known as a “super food” because it contains protein as well as other nutrients?
11. Match each fresh vegetable with the nutrient it is highest in.

\_\_\_\_ Kidney Beans

\_\_\_\_ Carrots

\_\_\_\_ Spinach

\_\_\_\_ Cauliflower

1. Fiber.
2. Vitamin A.
3. Vitamin C.
4. Potassium.
5. True or false? Potatoes are a great source of iron which helps your body manufacture hemoglobin.
6. Which changes occur when vegetables are cooked?
7. True or false? The darker the green color of leaf vegetables the more nutrients they contain.
8. Give TWO examples of vegetables served as a/an:

Soup: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Main dish: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dessert: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_