**VEGETABLE STUDY SHEET**

Test Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are the eight botanical names for vegetables and give an example of each?

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1. The color of a vegetable is a clue to its nutrient value - what nutrients do you get from the various colors?

Yellow -

White -

Red -

Green -

1. Do you get any other nutrients from vegetables? Explain.
2. Why is it important to cook vegetables correctly?
3. What changes occur as vegetables are cooked?
4. What qualities should you look for when selecting fresh vegetables?
5. How can vegetables enhance a meal?
6. There are several different methods to prepare vegetables, what are some?