

## Fruits & Veggies—More Matters® Bulletin Board

1. List three reasons fruits and veggies are good for you.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. What is the best form of fruits and veggies?
  - a. Fresh
  - b. Frozen
  - c. Canned
  - d. Dried
  - e. Juice
  - f. All of the above
3. How will you add more fruits or veggies to your diet?
4. What is one way you can eat more fruits and veggies without spending too much money?
5. How will you eat fruits and veggies without spending too much time on preparing them?
6. How will you help your child or children like fruits and veggies more?
7. Do I have to eat fruits and veggies to get benefits from them?
  - a. Yes!!!
  - b. Absolutely!!!
  - c. For Sure!!!
  - d. All of the above

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