



The Power of Veggies Mini-course

Homework Answer Key

Reading

1. For optimal health, should we choose produce from: **D.) Whatever climate in which you live**

2. If you're holding two cabbages the exact same size but one is heavier which one should you choose and why?

_____ Use the heavier one. The density of the cabbage shows that it was grown in more nourishing soil/better growing conditions.

3. Do you want to store fruits and vegetables together? _____

B.) No - The fruits give off a gas that will make the veggies ripen too fast and spoil.

