



The Power of Veggies Mini-course

Homework Assignment

Name: _____ Date _____

Reading

1. For optimal health, should we choose produce from: _____

(Choose one)

A.) Tropical regions

B.) A temperate/4-Season climate

C.) A sub-tropical climate

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?

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

A.) Yes

B.) No

Cooking

Recipes to Practice:

1. Kale Salad

Results:

2. Carrot Hotdog

Results:
