

Read the article.

**Eat to Live!**

**Fruits and Vegetables Are Awesome!**

That carrot you just popped in your mouth? It is a food that is super good for you. So is the banana you put on your cereal this morning. Fruits and vegetables are packed with vitamins, minerals, and fiber. They're also low in calories. Eating some at every meal will help you feel good. It will also help control your blood pressure and keep your heart healthy.

Which fruits and vegetables are good for you? *All* of them! The American Heart Association recommends filling about half your plate with these foods. If you are 9–13 years old, this means 1½ cups of fruit and 2–2½ cups of vegetables a day.



**Eat a Rainbow**

Luckily, it's easy and fun to eat more of these tasty foods. They come in a rainbow of colors, so why not see how many different colors you can eat in one day? Carrots are orange, lettuce is green, and strawberries are red. Some fruits and vegetables are even named for their colors—like blueberries, oranges, and green peppers. Go grocery shopping with a parent or other adult and see how many different colors you can find. You'll probably see some fruits and vegetables you've never tried before.

It's easy to get enough of the good stuff. Put blueberries on top of your cereal. Sprinkle green peppers and onions on top of your scrambled eggs. Add peas to your spaghetti. Toss a salad of lettuce, carrots, tomatoes, and cucumbers. Snack on cut-up veggies or fruit for a delicious treat when you get hungry. In the school cafeteria, reach for a fresh vegetable or fruit instead of french fries or chips.

**Read the Labels**

You can learn a lot by reading food package labels. For example, you'll see that frozen or canned fruits often have added sugar. Frozen or canned vegetables often have added sodium. When choosing packaged vegetables and fruits, look for fruit packed in water or its own juice and vegetables without sauces or added sodium. Learning to love fruits and vegetables now will help keep you and your heart healthier through the years.

Write the answers.

1. Fruits and vegetables are packed with \_\_\_\_\_.  
 a. vitamins      b. minerals      c. fiber      d. all of the above
2. True or False: Fruits and vegetables help your heart stay healthy by keeping your blood pressure normal.  
 \_\_\_\_\_
3. About how much of your plate should contain fruits and vegetables? \_\_\_\_\_
4. What does “eat a rainbow” mean? \_\_\_\_\_  
 \_\_\_\_\_
5. Name two things you can you find out from reading food labels. \_\_\_\_\_  
 \_\_\_\_\_

(RI.4.1)  
**Answer Key**

**“Eat to Live!”**

1. d
2. True
3. at least  $\frac{1}{2}$
4. Eat a variety of fruits and vegetables that come in many different colors.
5. how much sodium is added to foods, how much sugar is added to foods