

# INFORMATION ON FRUIT AND VEGETABLES



This section discusses the following:

- Why is it important to promote fruit and vegetable consumption in elementary schools?
- What is a serving of fruit and vegetables?
- Tips on how to eat more fruit and vegetables.
- What fruit and vegetables should be favoured?
- How should vegetables be cooked to retain most of their nutritional value?
- Fruit and vegetables put into perspective in relation to the other food groups in *Canada's Food Guide to Healthy Eating*.
- Vegetable classification (fruit, stem, flower, etc.).
- Nutritional value of fruit and vegetables.
- What are antioxidants?
- What about organic farming?
- Biotechnology.

