

The Whys

Name _____ Hour _____

Vegetables give us many vitamins and minerals. Write the name of the vegetable, vitamin or mineral it contains, and why that vitamin or mineral is important to the body

Veggie	Vitamin /Mineral	Importance
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
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23		
24		
25		
26		
27		

Veggie	Vitamin /Mineral	Importance
28		
29		
30		
31		

Reflection for 30 day Veggie Challenge

Did you have trouble eating vegetables every day? _____ Why? _____

Do you eat vegetables as part of your regular diet? _____

What are your favorite vegetables? _____

What vegetables do you dislike? _____

What vitamins or minerals might you lack in your diet? _____

What problems could arise from this deficit? _____

How can you add more vegetables to your diet? _____

Did you try any new vegetables? _____ Which ones? _____