Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A Little Veggie Research**

In our recipe book you will be grouped with the other students that have your vegetable, too! This group will be called your Chapter Group and you will work together throughout the project from time to time. Work with a partner from your Chapter Group and research the following questions:

What are the benefits of eating your vegetable?

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What are the **main** vitamins and minerals found in your vegetable? (Try to find 5 of each).

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How could we include the information you just found in our cookbook? Brainstorm ideas with your Chapter Group and take notes:

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