**Your Vegetable\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Chapter member names:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Vegetable Chapter Introduction Page**

Instructions: Work with your chapter group to complete the following sections of this page. This information will be added to the opening page of your chapter in our cookbook.

1. What are the health benefits of eating your vegetable? ( HINT: type “Health benefits of (veggie name)” for good search results)

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2. What are the main vitamins and minerals in your vegetable? (list the percentages)

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| --- | --- |
| Vitamins | Minerals |
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3. For *the* MAIN vitamin in your vegetable, describe what it does inside your body (i.e. helps eyesight, liver function, etc.)

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