

Activity 127

Vegetable Facts

Directions: Read each statement below and decide whether it is true or false. Then write the correct word in the space at the left. On the lines that follow the statements, correct any that you have identified as false.

- _____ 1. Vegetables should be cooked in as little water as possible.

- _____ 2. Vegetables keep their flavor and color best if cooked until they are very soft.

- _____ 3. Green vegetables that are cooked properly fade to a soft shade of olive green.

- _____ 4. Vegetables that are steaming should not touch the water.

- _____ 5. When baking potatoes in their skins, it is best to pierce the skin several times to prevent them from bursting.

- _____ 6. Vegetables contain antioxidants, or substances that counteract the negative effects of destructive compounds called free radicals.

- _____ 7. Vegetables are most nutritious when they are processed rather than fresh.

- _____ 8. Fresh vegetables keep well for several months in the refrigerator.

