

7th  
grade

# Adopt a Veggie

Name:	
Date:	
Period:	item

**Directions:** You have planted at least three different types of vegetables in your plot. You carefully tilled the soil and added compost in order to create the best environment possible for your new additions. You've even taken the temperature of your soil to check this aspect of soil health. Now, you need to find out what makes them so special.

You will be creating an advertisement for your own little veggie. This advertisement must be beautiful and make us want to love and buy your veggie.

## Details:

- **Due Date: Friday, October 31<sup>st</sup>**
- **Library Dates: Friday, October 24 and Monday, October 27**
- **Homework: The rest is homework, not class work - we're moving on!**
- **No bigger than 11 x 14 inches please.....**
- **Your name somewhere.**
- **30 points**
  
- **Nutrition** - what good is a veggie if it isn't good for you. What does your veggie have that others may not in terms of nutritional value? Why is it good for you?
- **Folklore** - are there any fun stories about your veggie? Make sure you really search.
- **Plant morphology/full diagram** - you need to have a full diagram of your vegetable with all its parts clearly labeled. Go the extra mile (for extra credit) and also say what each part does.
- Okay, get over it, reproduction. How do your veggies make more veggies?
- **Companion plants** - Are there any plants that you can plant with your veggie in order to protect it from those nasty pests?
- **References!** You must have a reference sheet. Give credit where credit is due!  
**No reference sheet, no credit!**

### LEAFY GREEN VEGETABLES PROVIDE IMPORTANT VITAMINS AND MINERALS

Directions: While you are waiting use info on the back → the ESSENTIAL VITAMINS and MINERAL CHARTS on p.567. to help you answer the following questions:

1. What is a Vitamin?

2. What FAT-SOLUBLE vitamins do dark and leafy green vegetables such as lettuce, kale and chard provide, and what is the FUNCTION of each fat-soluble vitamin?

Fat-Soluble Vitamin	Function

3. What WATER-SOLUBLE vitamins do dark and leafy green vegetables such as lettuce, kale, and chard provide, and what is their FUNCTION?

Water-Soluble Vitamin	Function

4. What is a MINERAL?

5. What ESSENTIAL MINERALS do dark and leafy green vegetables such as lettuce, kale, and chard provide and what is their FUNCTION?

Mineral	Function

6. Turn to p. 573 and examine the FOOD GUIDE PYRAMID. How many daily servings of vegetables does the Food Guide Pyramid recommend? \_\_\_\_\_