

Name: _____

All Aboard for Antioxidants

Directions: Read “The Power of Antioxidants” (page 20). Answer the questions in Part 1 by circling *T* for true or *F* for false, and in Part 2 by writing your answer on the lines provided.

Part 1

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|--|---|---|
| 1. The antioxidant category of nutrients does not include vitamins. | T | F |
| 2. Fruits are a good source of many antioxidants. | T | F |
| 3. Foods containing antioxidants are often expensive or time-consuming to cook. | T | F |
| 4. Carotenoids are found in yellow fruits and vegetables. | T | F |
| 5. Antioxidants can help prevent damage caused by oxidation in body cells. | T | F |
| 6. Sticking exclusively with one type of food will give you all the antioxidants you need. | T | F |
| 7. Pizza piled high with meat and bagels oozing cream cheese are two good sources of antioxidants. | T | F |
| 8. Lutein is helpful for eye and brain health. | T | F |

Part 2

Look at the chart on page 23, which mentions some antioxidants and the foods in which they're found. Below, describe a meal that would include most or all of those nutrients. What foods and dishes would it feature? (It's OK to include beverages and dessert!)
