

# **ICAP Health Week 1 Homework**

**Name** \_\_\_\_\_

**DUE: JANUARY 13, 2011**

*Using the Internet or books, please look up & **list** below the health benefits of these 10 fruits & vegetables. Be sure to include key vitamins, minerals, diseases targeted & anything else significant. Check more than one site for a more complete picture.*

**1. Apple**

**6. Broccoli**

**2. Orange**

**7. Cilantro**

**3. Bananas**

**8. Celery**

**4. Blueberries**

**9. Kale**

**5. Pineapple**

**10. Carrot**