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## Food Talk

Describe the nutrients below:



1. How does it give us fiber?

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2. How does it give us vitamins?

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3. How does it give us energy?

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4. How does it give us protein?

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5. How does it give us calcium?

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6. How does it give us iron?

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7. How does it give us potassium?

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8. How does it give us antioxidants?

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9. How does it give us phytochemicals?

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10. How does it give us other nutrients?

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