

We're curious about nutrients!

Fact or fiction?

Guess if each statement is fact or fiction in Section 1. After you've guessed an answer, search some sources on the Internet to determine if the statements are actually fact or fiction. Write a brief summary of your findings underneath each statement in Section 2.

Section 1: For each of the following statements, GUESS if they are fact or fiction. Circle the answer; you don't have to show any work.

1. **Fact or Fiction:** Healthy people should avoid drinking cow's milk.
2. **Fact or Fiction:** Oranges have the most vitamin C compared to other fruits and vegetables.
3. **Fact or Fiction:** Dark, leafy, green vegetables have more eye-healthy vitamins than carrots.
4. **Fact or Fiction:** Berries are unhealthy because they are sweet and high in sugar.
5. **Fact or Fiction:** Fresh and frozen fruits and vegetables have similar nutritional values.
6. **Fact or Fiction:** Canola oil contains more healthy omega-3 fatty acids than olive oil.
7. **Fact or Fiction:** Calories eaten at night cause you to gain more weight than calories eaten during the day.
8. **Fact or Fiction:** Brown sugar is healthier than white sugar.
9. **Fact or Fiction:** Foods that don't taste sweet (like potatoes and bread) have sugar in them.
10. **Fact or Fiction:** Genetically modified foods have fewer nutrients than non-modified foods.
11. **Fact or Fiction:** By weight, some nuts, seeds, and legumes have more protein than meat.



Section 2: For each of the following statements, search for sources on the Internet to determine if they are fact or fiction. Write Fact or Fiction on the line provided and underneath each question, summarize what you found during your searches.

1. _____ Healthy people should avoid drinking cow's milk.

2. _____ Oranges have the most vitamin C compared to other fruits and vegetables.

3. _____ Dark, leafy, green vegetables have more eye-healthy vitamins than carrots.

4. _____ Berries are unhealthy because they are sweet and high in sugar.

5. _____ Fresh and frozen fruits and vegetables have similar nutritional values.

6. _____ Canola oil contains more healthy omega-3 fatty acids than olive oil.

7. _____ Calories eaten at night cause you to gain more weight than calories eaten during the day.

8. _____ Brown sugar is healthier than white sugar.

9. _____ Foods that don't taste sweet (like potatoes and bread) have sugar in them.

10. _____ Genetically modified foods have fewer nutrients than non-modified foods.

11. _____ By weight, some nuts, seeds, and legumes have more protein than meat.

