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| --- | --- | --- | --- |
| Plant Part | | | |
| Plant Name | Plant Part | Nutrition Fact | Picture |
| Carrots | Root | Very Good Source of Vitamin A |  |
| Sweet Potato | Root | Very Good Source of Vitamin A |  |
| Asparagus | Stem | Very Good Source of Vitamin E |  |
| Spinach | Leaf | Very Good Source of Vitamin K |  |
| Broccoli | Flower | Very Good Source of Vitamin C and Vitamin K |  |
| Tomatoes | Fruit | Good Source of Vitamin E |  |
| Zucchini | Fruit | Very Good Source of Dietary Fiber |  |
| Corn | Seeds | Good Source of Vitamin B6 and  Omega-6 Fatty Acids |  |

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| --- | --- | --- | --- |
| Fruit | | | |
| Fruit | Classification | Nutrition Fact | Picture |
| Blueberries | True Berry | Very Good Source of Vitamin C |  |
| Cantaloupe | Pepo | Good Source of Dietary Fiber |  |
| Grapefruit | Hesperidium | Good Source of Vitamin A |  |
| Grapes | True Berry | Good Source of Vitamin K |  |
| Peaches | Drupe | Good Source of Vitamin C |  |
| Pears | Pome | Very Good Source of Dietary Fiber |  |
| Pineapple | Multiple | Good Source of Vitamin B6 |  |
| Strawberries | Aggregate | Good Source of Potassium |  |