

## **ASSIGNMENT**

- 1.Are whole fruits a better source of nutrients than 100% juice?
- 2.Does fruit juice make children fat?
- 3.How does fruit juice fit into a healthy diet?
- 4.Why is apple juice recommended as the first juice for infants and toddlers?
- 5.Why is apple juice pasteurized?
- 6.What is the difference between a "not-from-concentrate" and "from concentrate" orange juice?
- 7.Do you like to eat fruits? How often do you eat fresh fruits?
- 8.How often do you drink fruit juice? What kind of fruit juice do you drink?
- 9.What the means the saying: "An apple a day keeps the doctor away?"
- 10.What are the most common fruits and vegetables in your country?
- 11.Do you like to use things that have a fruit smell?