

American Food Plants and Their Nutritional Benefits

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Importance Of The Book, Its Impact, And Readership

Spanish brought many foods and condiments from America to Europe as they ruled America. Fruits and vegetables play an important role in human health and well-being. Children usually do not want to eat vegetables and fruits; therefore, their family members must appraise them about the benefits of vegetables and fruits. It is vital to tell them about the side effects of processed and artificial food. This short book is not for all people; it is intended for readers aged 8 or 9. It is recommended that parents or other elders help them read and understand this vital information to grow healthy. This short book might inculcate the love of food and vegetables in children. Attractive and colourful pictures have been added to make it interesting for little learners. Children should learn that each food item has its own benefits, and it is essential to have a balanced diet to grow strong and perform well in education and games.

Selected Fruits And Vegetables

- Corn



The other name of corn is maize, and an interesting thing about corn is that it is both a cereal grain and a vegetable. Usually, a food item is placed in one distinct category. Corn is very popular amongst children of all ages all over the world. Children love the processed and sweetened corn available in tin packs. Apart from this, many pet foods include corn or its products. People love to have cornflakes in the morning. It originated in Mexico over 9,000 years ago (Streit). It helps in providing fibre, vitamins, and minerals to the body to keep it fit.

- Pineapples



It is a tropical plant with an edible fruit that has been grown in South America for many centuries. Pineapple is very popular amongst children due to its unique and juicy taste. People love its juice and slices. It helps in providing fibre, sugar, vitamins, and minerals to the body to keep it working

(Raman). Children also like its yellow colour.

- Tomatoes



It is a delicious vegetable grown in South America and Central America for centuries. It is widely used in many dishes. Its ketchup is very popular amongst children due to its juicy taste. It helps provide fibre, sugar, vitamins, and minerals to the body to keep it healthy (Bjarnadottir). Its red colour also attracts children.

- Beans



It is a vegetable which is actually a seed of plants and has been grown in many parts of the world, including America, for many centuries. It is used in many delicious dishes. It helps provide fibre, proteins, vitamins, and minerals to the body to keep it healthy.

- Vanilla



It is a spice derived from orchids in Mexico and other nations. Children love its flavour as it is used in juices, ice creams, and other desserts. Children also like to eat vanilla-flavored biscuits. Apart from the dried and fresh vanilla, its extracts are also used in sweets and confectionaries. It helps in providing vitamins and minerals to the body to keep it strong.

- Pumpkins



It is a delicious vegetable that has been grown in North America for many centuries. Its cultivation has now spread to many other nations, which is a sign of its benefits and popularity. Along with its seeds, it helps provide fibre, sugar, vitamins, and minerals to the body to keep it healthy (Jane). Its sweet products are very popular amongst children due to their taste.

- Squash



It is a delicious vegetable grown in many countries for centuries. It is large and comes in different colours. Many children like its products due to its juicy taste. Some people make very delicious custard from it. It helps in providing fibre, sugar, vitamins, and minerals to the body to keep it strong.

- Sweet Potatoes



It is a sweet vegetable that has been grown in North America and Central America for many centuries. Its sweet dishes are very popular amongst children due to its mouthwatering taste. It helps in providing fibre, sugar, proteins, vitamins, and minerals to the body to keep it healthy.

- Peppers



It is a spice that has been grown in many nations globally, including India and Vietnam, for many centuries. It is sprinkled in dishes that become very spicy, and many children like it due to its peculiar taste. It helps in providing fibre, vitamins, and minerals to the body to keep it strong.

- Avocado



It is a delicious fruit from the berry family, which has been grown in America and other states for many centuries. Its taste is very popular amongst children due to its sweet and juicy composition. It helps provide fibre, sugar, vitamins, and minerals to the body to keep it strong.

Conclusion

The health-based benefits of fruits and vegetables usually show up in the long term by improving the health of the body and by keeping the internal systems in good condition. Eating vegetables and fruits helps in making the body strong. With a diet high in vegetables and fruits, children will be provided with plenty of antioxidants that will keep them away from diseases such as cardiovascular problems, cancer and strokes. In addition, vegetables provide plenty of vitamins, including folic acid, vitamin K, vitamin A, and vitamin B6. There are many research studies available that strongly suggest that eating fresh and green vegetables every day is far better than taking extra pills for a healthy diet.

Works Cited

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