

Name: \_\_\_\_\_

## Bar Graph and Histogram

**Exercise 1:** Given the following table that represents the “Nutrients in Fresh Fruits and Vegetables”.

Name	Serving Size	Dietary Fiber Grams	% of vitamin A	% of vitamin C
Vegetables				
Broccoli	1 medium stalk	5	10	240
Carrots	1 medium	1	330	8
Corn	1 ear	1	5	10
Green Beans	3/4 cup	3	2	8
Head Lettuce	1/6 head	1	2	4
Onions	1 medium	3	1	20
Potatoes	1 medium	3	1	50
Tomatoes	1 medium	1	20	40
Fruits				
Apples	1 medium	5	1	6
Bananas	1 medium	3	1	15
Cantaloupe	1/4 medium	0	55	90
Grapes	1-1/2 cups	2	3	9
Oranges	1 medium	6	1	120
Peaches	2 medium	1	20	20
Plums	2 medium	1	9	20
Watermelon	1/8 medium	1	8	25

- 1) Use the information from the Nutrients in Fresh Fruits and Vegetables chart to create a bar graph on fiber quantities in fresh vegetables.
- 2) Use the information from the Nutrients in Fresh Fruits and Vegetables chart to create a bar graph showing Vitamin A quantities in fresh fruits.
- 3) Use the information from the Nutrients in Fresh Fruits and Vegetables chart to create a bar graph showing the Vitamin C quantities in fresh products whose names starts with the letters C or P.
- 4) Which fruit contains the highest % of Vitamin A?
- 5) Which vegetable contains the highest % of Vitamin A?
- 6) Which fruit contains the least % of Vitamin A?
- 7) Which vegetable contains the least % of Vitamin A?
- 8) Which fruit contains the highest % of Vitamin C?
- 9) Which vegetable contains the highest % of Vitamin C?
- 10) From the nutrient information provided, nominate one fruit or vegetable to be the “Best Produce” award winner. What fruit or vegetable did you choose? Why?
- 11) Plan meals and snacks for one day so you would eat a total of three or more vegetable servings and two or more fruit servings.

Breakfast	Lunch	Dinner	Snacks

Why is it important to eat a wide variety of foods?