

## Summary for Topic: Fruit

- Apple:
  - Originated in Central Asia
  - Contains antioxidants, dietary fiber, and vitamin C
  - Comes in many varieties, such as Granny Smith and Red Delicious
  - Can be eaten raw, cooked, or dried
  - Often used in pies and other desserts
- Banana:
  - Grown in tropical regions
  - High in potassium, vitamin B

## Summary for Topic: Veggy

- Tomato:
  - Red, round fruit
  - Grows on vines
  - Contains vitamin C and lycopene
  - Often used in salads, sauces, and soups
- Carrot:
  - Orange, long root vegetable
  - High in vitamin A and fiber
  - Can be eaten raw or cooked
  - Often used in salads, stews, and juices
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