

NAVIGATION

- <u>Go to TASK #1</u>
- Go to TASK #2
- Go to TASK #3
- <u>Go to TASK #4</u>



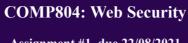


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Assignment #1, due 22/08/2021

Task 2

Make sure you put these events into your calendar !!

Event	Date
Row, row, row your-boat	01 January 2021
Gently down the stream	02 February 2021
If you see a crocodile	03 March 2021
Don't forget to scream!	04 April 2021
And repeat the above !!	01 January 2022

Task 3

Vegetable Name	Health Benefit
Spinach	 One of the healthiest vegetables 56% of daily Vit A and 100% of Vit K Has high antioxidant content too !! Click here for even more information
Carrots	 High in vitamin A Contain beta-carotene (an anti-oxidant) Also high in vitamin C, vitamin K and potassium Click here for even more information
Broccoli	 Loaded with nutrients, such as vitamin C and vitamin K Contains sulforaphane and may have anti-cancer properties Also has folate, manganese and potassium!
Garlic (yes, it's a vege!)	Click here for even more information Contains plenty of allicin May help regulate blood sugar levels Possible anti-cancer properties Click here for even more information
Brussel Sprouts	 Nutrient dence, and full of vitamins K, A, and C Contains kaempferol, folate and manganese Consumption may enhance detoxification Click here for even more information
Kale	 Plenty of Vitamin B and Calcium 100% daily intake of Vit A, C and K

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Information sourced from:

 ${\it https://www.healthline.com/nutrition/14-healthlest-vegetables-on-earth}$

Photos sourced from https://www.pexels.com/royalty-free-images, with photography by Polina Tankilevitch (Broccoli), Mali Maeder (Carrots), Anna Pyshniuk (Spinach), Ellie Burgin (Brussel Sprouts), Eva Elijas (Kale and Swiss Chard), Karolina Grabowska (Garlic and Asparagus) and R Khalil (Green Peas)

Task 4

