

# Fruit

Read each statement and check "true" or "false" as appropriate.

1) Blueberries and blackberries are loaded with antioxidants.

True  False

2) Strawberries have high water content.

True  False

3) **Preview**

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7) unhealthy fats.

True  False

vitamins C, A, and K.

True  False

9) Pears are abundant in iron and zinc.

True  False

10) Magnesium is the only mineral contained in bananas.

True  False