Answer the following questions in complete sentences using the information from the Parmesan Steamed Vegetables Lab sheet.

1. In your opinion which of the ingredients is the most nutritious? Why?

2. Discuss each ingredient noting the nutrients each provides.

Carrots

Cauliflower

Broccoli

Parmesan

3. Look at the overall percentages and discuss how this dish fulfills and/or lacks nutrients, calories, vitamins and minerals.

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4. In your opinion, is this a nutritious dish to serve at a meal? Why?

5. In your opinion, based on taste, is this a dish you would enjoy having at a meal?

6. Do you have suggestions on ways to change or improve this dish? Discuss.