

ALL ABOUT NUTS

Your goal is to create a resource to teach others about nuts. Use this page to plan.

What kind of resource will you create? Check one.

Poster

Video

Booklet

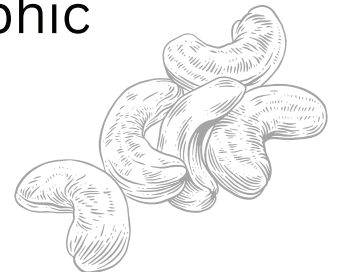
Animation

Comic Book

Infographic

Song

Other



Make sure to include this information in your resource:

Nuts contain phytic acid, which strips vitamins and minerals from our bodies.

Soaking nuts reduces their phytic acid content.

Soaking nuts makes them easier to digest.

Nuts contain fats that easily become rancid in heat, light, and air.

To prevent rancidity, we can store nuts in the refrigerator and dry them at low temperatures.

