Read the Venn diagram and answer the questions that follow.

1) Foods that improve eyesight

Foods for glowing skin

Foods that improve hair growth

a) Name any 3 foods that improves hair growth.

b) Identify the foods that improve eyesight alone.

c) List the foods that are good for both the eyes and the skin.

d) Name the foods that assist in improving both eyesight and hair growth.

e) What food items are good for eyesight, skin, and hair growth?

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Read the Venn diagram and answer the questions that follow.

1) Foods that improve eyesight  
   Foods for glowing skin  
   Foods that improve hair growth

a) Name any 3 foods that improves hair growth.
   **Avocados, Beets, Grapes, Eggs, Salmon, Nuts, and Cucumbers**

b) Identify the foods that improve eyesight alone.
   **Carrots, Strawberries, and Oranges**

c) List the foods that are good for both the eyes and the skin.
   **Spinach, Kale, and Nuts**

d) Name the foods that assist in improving both eyesight and hair growth.
   **Eggs, Salmon, and Nuts**

e) What food items are good for eyesight, skin, and hair growth?
   **Nuts**