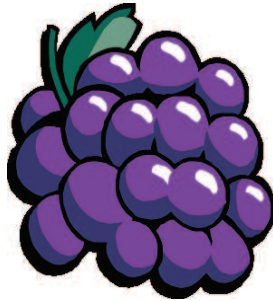


Fruit

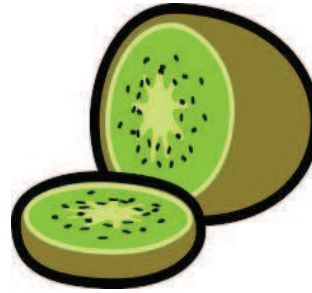
1. Fruits are great sources of vitamins and can be found all around you!
Which fruits grow on trees? Check the correct boxes:



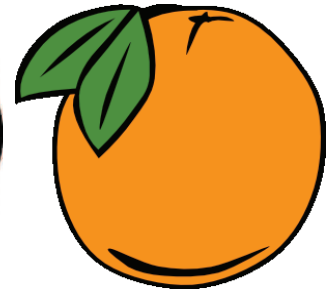
Apple



Grapes



Kiwi

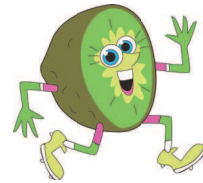


Orange

Know Your Fruit ABC's! Draw a line from the fruit to its vitamin:

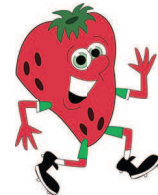
2. Vitamin C

Hint: Helps with digestion & has reddish pink color



3. Vitamin E

Hint: Lots of potassium & it's fuzzy



4. Potassium

Hint: It gives you lots of energy & you buy it by the bunch

