



ACTIVITY

Eat Your Fruits & Vegetables

Vitamin C is an important nutrient found in some foods. While citrus fruits are a well-known source of vitamin C, it is also found in lots of other foods. A severe lack of vitamin C in the diet causes a condition called scurvy, which was common in the early 19th century among sailors at sea with limited access to fresh food. This simple guessing game helps students learn about the different foods that contain vitamin C. Simply print out the activity double-sided, cut out the cards, laminate them for durability if you'd like, and place them image side up. Challenge your students to guess which ones have vitamin C and flip them over to find out the answer!

Eat Your Fruits and Vegetables

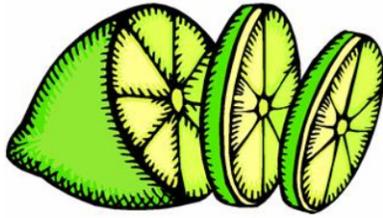
Answer Key.

Yes!

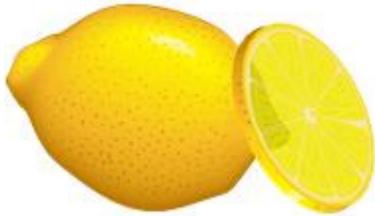
Limes
Lemons
Oranges
Grapefruit
Potatoes
Spinach
Broccoli
Tomatoes
Green Peppers
Sauerkraut

No.

Cheese
Butter
Pork
Beef
Bread
Rice



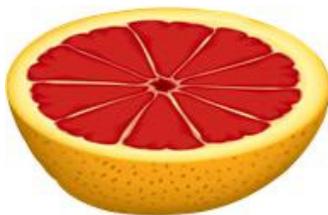
Limes



Lemons



Oranges



Grapefruit

Yes!

Yes!

Yes!

Yes!



Potatoes



Spinach



Broccoli



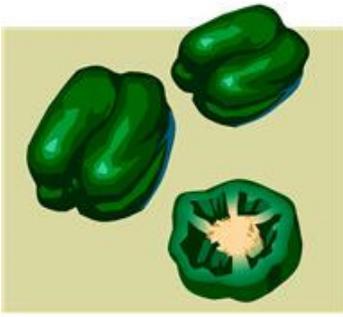
Tomatoes

Yes!

Yes!

Yes!

Yes!



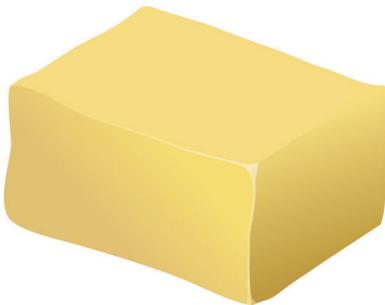
Green
Peppers



Sauerkraut



Cheese



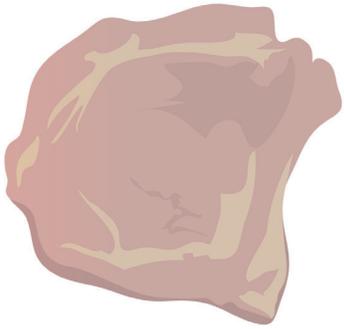
Butter

Yes!

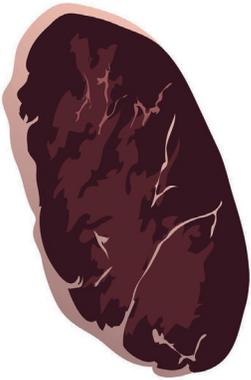
Yes!

No.

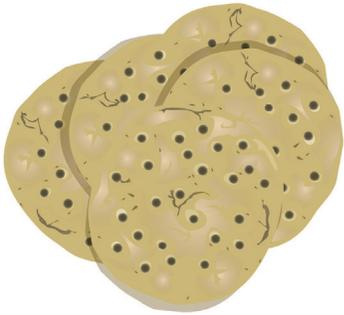
No.



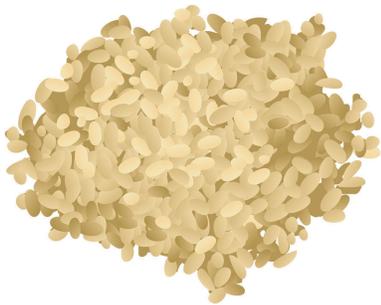
Pork



Beef



Bread



Rice

No.

No.

No.

No.