

Fruit

1. Fruits are great sources of vitamins and can be found all around you! Can you think of some favorite fruits that range in size like our friends Slick, Berry DeStraw and Kiki Wi?

Big	Medium	Small
Example: Watermelon	Example: Cantaloupe	Example: Apple
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

2. Vitamin C

Hint: Helps with digestion & keeps your heart healthy

3. Potassium

Hint: It gives you lots of energy and helps with muscle recovery

4. Vitamin E

Hint: It's also a source of Vitamin C and a healthy fat Omega 3

