

Counting Colors

1. How many RED fruits and vegetables are in the A list? _____
2. How many RED fruits and vegetables are in the C list? _____
3. How many YELLOW/ORANGE fruits and vegetables are in the A list? _____
4. How many YELLOW/ORANGE fruits and vegetables are in the C list? _____
5. How many GREEN fruits and vegetables are in the A list? _____
6. How many GREEN fruits and vegetables are in the C list? _____
7. Which color do you see the most of in the A list? _____
8. Which color do you see the most of in the C list? _____

THE "A" LIST

Fruits and vegetables which are good or high sources of Vitamin A

Apricot
 Asparagus
 Broccoli
 Cantaloupe
 Carrot
 Collard Greens
 Grapefruit
 Leaf Lettuce
 Mango
 Romaine Lettuce
 Spinach
 Sweet Potato
 Watermelon

THE "C" LIST

Fruits and vegetables which are good or high sources of Vitamin C

Apricot	Nectarine
Asparagus	Onion
Banana	Orange
Bell Pepper	Papaya
Blueberries	Peach
Broccoli	Pear
Cabbage (green)	Peas
Cantaloupe	Pineapple
Carrot	Plum
Cauliflower	Potato
Celery	Radish
Cherry	Raspberries
Collard Greens	Romaine Lettuce
Cucumber	Strawberries
Grapefruit	Spinach
Green Beans	Summer Squash
Honeydew Melon	Sweet Corn
Kiwifruit	Sweet Potato
Lemon	Tangerine
Lime	Tomato
Mango	Watermelon

