

Name _____

VITAMINS A & C

Can you name the fruits and vegetables in the pictures? Choose from the list below.

broccoli
orange

pineapple
carrot

lettuce
strawberry

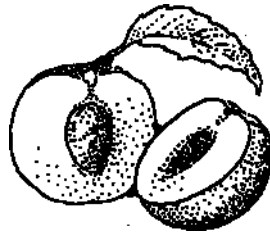
tomato
peach

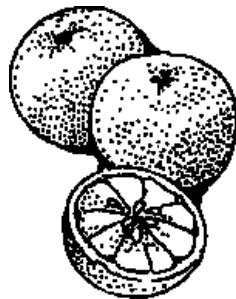
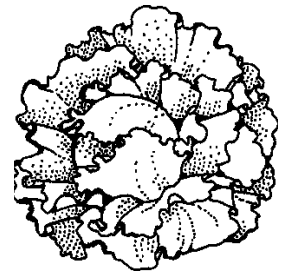
These fruits and vegetables have Vitamin A. They help our eyes to see better.





These fruits and vegetables have Vitamin C. They help our cuts to heal.











HEART DISEASE &
STROKE PREVENTION PROGRAM
UTAH DEPARTMENT OF HEALTH

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