How many of these fruits and vegetables have you tried? Name three that you would like to try.

Name 3 fruit or vegetables that are high in vitamin C.

What is the function of vitamin C in the body?

Name as many stone fruits as you can. How many did you find?

Name two vegetables that are a source of vitamin A.

What is the function of vitamin A in the body?

Find the mushroom. How many different kinds of mushrooms can you name?

How many of these fruits and vegetables have you seen sold frozen?

How many of these 50 fruits and vegetables can you name?

How many of these fruits and vegetables have you seen sold in cans?