

## 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?**

<b>Big</b>	<b>Medium</b>	<b>Small</b>
Example: Watermelon	Example: Cantaloupe	Example: Apple
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**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

