

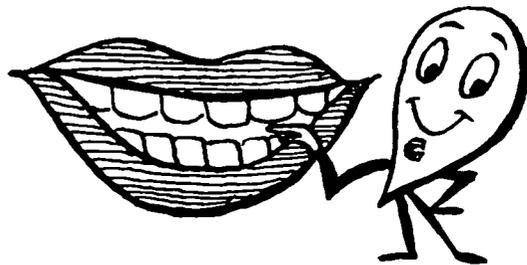
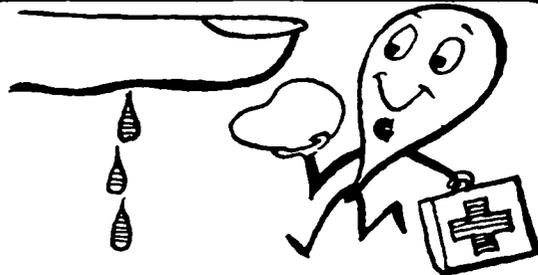
Vitamin C for you and me



If your skin should happen to tear,
Vitamin C will help repair.

Mouth and gums are healthier too
If Vitamin C's a friend to you.

To help you strong and healthy stay
Eat Vitamin C every day.



These foods give you Vitamin C. Circle the ones eaten by people you know . . .

Oranges grapefruit strawberries melons raw cabbage leafy greens tomatoes
peppers potatoes sweet potatoes guava papayas brussels sprouts broccoli

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ZINGY Fruit cup



Cut 2 or 3 kinds of fruit into bite-size pieces.

Use about one medium-sized fruit for each person.

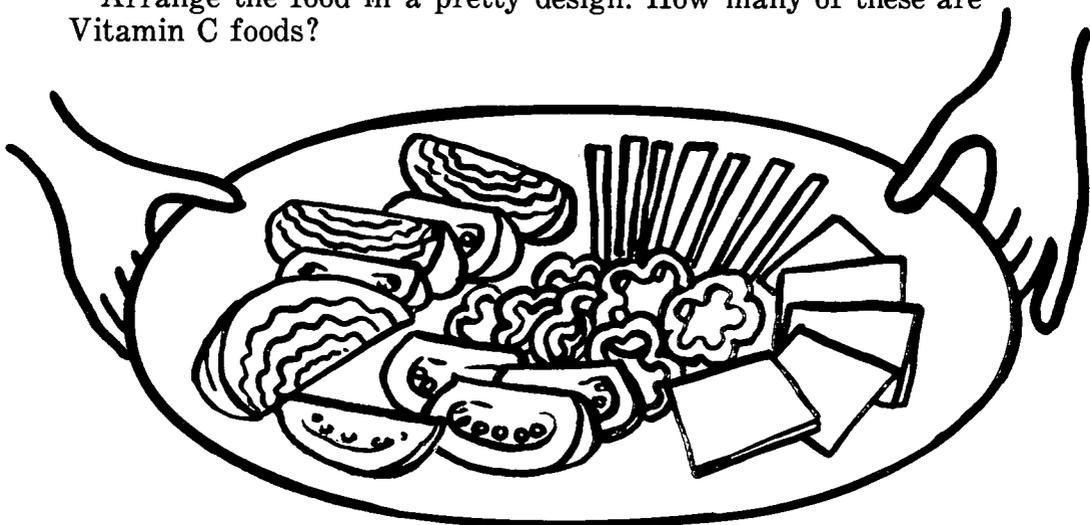
Mix fruit with some orange juice. Use about $\frac{1}{4}$ cup juice for each person. Serve in little cups or dishes. Which of the fruits used is a Vitamin C food?

ZANGY Plate

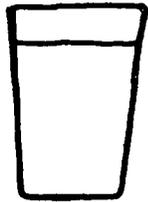
Arrange some lettuce or greens on a plate. Use 2 to 4 kinds of fruit or vegetables that look nice together (some bright, some light). Cut into chunks or slices.

If you use fresh peaches, apples, pears or bananas, dip them into orange, lemon or pineapple juice.

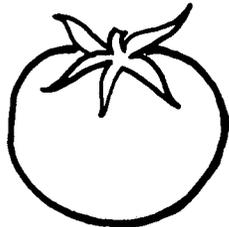
Arrange the food in a pretty design. How many of these are Vitamin C foods?



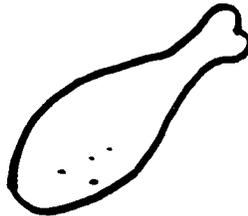
Draw a circle around the Vitamin C foods...



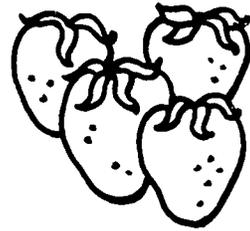
Orange juice



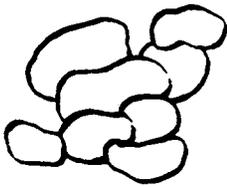
Tomato



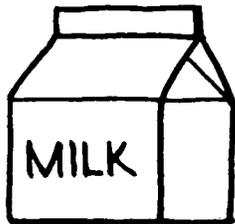
Chicken leg



Strawberries



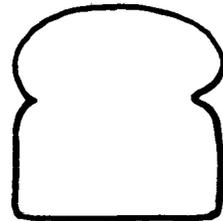
Potato Chips



Milk



Orange Pop



Bread

To do at home

Make something for your family that will give them Vitamin C.

or

Tell someone why we need Vitamin C.

or

Ask an older person to tell you about your State when he was a child.

or

All three



I Belong

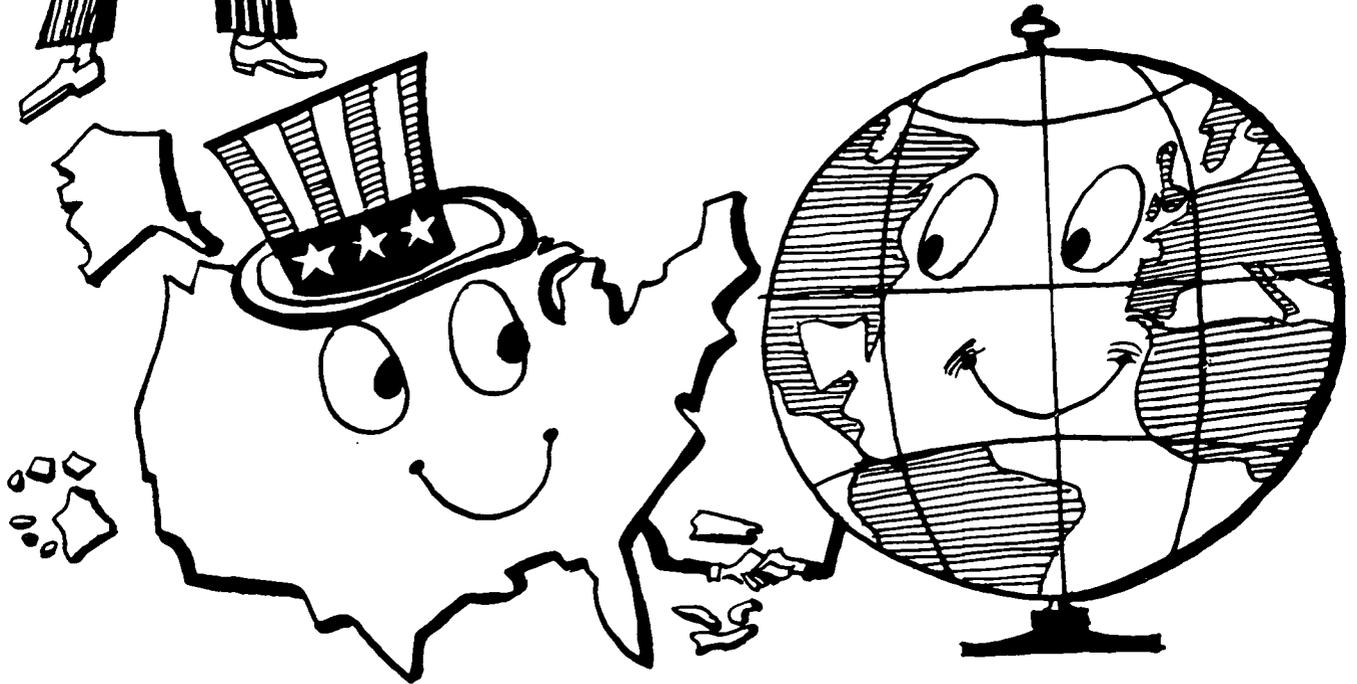


to the county named: _____

to the State named: _____

to the country named: _____

We all belong to the world



How did your county get its name? _____

Your State? _____

Who can help you find out? _____

Name important foods grown in your State. _____
