Name: Date: Score: / 8

Fruit Vitamin Match: Learn and Circle

Which vitamin does each fruit give you?

Read the box. Then circle the vitamin each fruit gives you.

💡 Fruits and their vitamins

- Vitamin C: oranges, kiwi, strawberries, guava, papaya, lemon
- Vitamin A: mango, cantaloupe, apricot
- Vitamin B6: banana, pineapple
- Vitamin K: blueberries, grapes, kiwi, pomegranate, avocado
- Folate: avocado, orange, papaya, mango. Vitamin E: avocado

1. 🍉 Watermelon is a good source of which vitamin?
   A. Vitamin C B. Vitamin E C. Vitamin K

2. 🍌 Banana is a good source of which vitamin?
   A. Vitamin E B. Vitamin A
   C. Vitamin B6

3. 🫐 Blueberries are a good source of which vitamin?
   A. Vitamin B6 B. Folate C. Vitamin K

4. 🍓 Strawberries are a good source of which vitamin?
   A. Vitamin C B. Vitamin K C. Vitamin A

5. 🍊 Orange is a good source of which vitamin?
   A. Vitamin K B. Vitamin C C. Vitamin A

6. 🍈 Cantaloupe is a good source of which vitamin?
   A. Vitamin A B. Vitamin K C. Vitamin E

7. 🍒 Cherries are a good source of which vitamin?
   A. Vitamin E B. Vitamin B6
   C. Vitamin C

8. 🥭 Mango is a good source of which vitamin?
   A. Vitamin C B. Vitamin E C. Vitamin K

✏️ Draw your favorite fruit. Write one vitamin it gives you.

ANSWER KEY

Fruit Vitamin Match: Learn and Circle (answers)

Which vitamin does each fruit give you?

Read the box. Then circle the vitamin each fruit gives you.

1. 🍉 Watermelon is a good source of which vitamin?

A. Vitamin C B. Vitamin E

C. Vitamin K

Watermelon: vitamin C.

2. 🍌 Banana is a good source of which vitamin?

A. Vitamin E B. Vitamin A

C. Vitamin B6

Banana: vitamin B6, vitamin C.

3. 🫐 Blueberries are a good source of which vitamin?

A. Vitamin B6 B. Folate **C. Vitamin K**

Blueberries: vitamin K, vitamin C.

4. 🍓 Strawberries are a good source of which vitamin?

A. Vitamin C B. Vitamin K

C. Vitamin A

Strawberries: vitamin C.

5. 🍊 Orange is a good source of which vitamin?

A. Vitamin K **B. Vitamin C**

C. Vitamin A

Orange: vitamin C, folate.

6. 🍈 Cantaloupe is a good source of which vitamin?

A. Vitamin A B. Vitamin K

C. Vitamin E

Cantaloupe: vitamin A, vitamin C.

7. 🍒 Cherries are a good source of which vitamin?

A. Vitamin E B. Vitamin B6

C. Vitamin C

Cherries: vitamin C.

8. 🥭 Mango is a good source of which vitamin?

A. Vitamin C B. Vitamin E

C. Vitamin K

Mango: vitamin C, vitamin A, folate.