Name: Date: Score: / 8

Eat a Rainbow: Read the Fruit Chart

Use the chart to answer each question.

Look at the chart. Write your answers on the lines.

Fruit	A	B6	C	E	K	Folate
Orange			★★			★
Kiwi			★★		★★	
Mango	★		★★			★
Cantaloupe	★★		★★			
Banana		★★	★			
Avocado				★	★	★
Blueberries			★		★★	
Pineapple		★	★★			

★ = good source ★★ = excellent source

1. How many fruits on the chart have vitamin K?

2. How many fruits on the chart have vitamin C?

3. Which fruit on the chart has vitamin B6 as an excellent source?

4. Which fruit on the chart is the only one with vitamin E?

5. Name two fruits on the chart with vitamin A.

6. Name two fruits on the chart with folate.

7. Which fruit on the chart is an excellent source of both vitamin C and vitamin K?

8. Which vitamin do the most fruits on the chart have?

ANSWER KEY

Eat a Rainbow: Read the Fruit Chart (answers)

Use the chart to answer each question.

Look at the chart. Write your answers on the lines.

Fruit	A	B6	C	E	K	Folate
Orange			★★			★
Kiwi			★★		★★	
Mango	★		★★			★
Cantaloupe	★★		★★			
Banana		★★	★			
Avocado				★	★	★
Blueberries			★		★★	
Pineapple		★	★★			

★ = good source ★★ = excellent source

1. How many fruits on the chart have vitamin K?
   3 fruits

2. How many fruits on the chart have vitamin C?
   7 fruits

3. Which fruit on the chart has vitamin B6 as an excellent source?
   Banana

4. Which fruit on the chart is the only one with vitamin E?
   Avocado

5. Name two fruits on the chart with vitamin A.
   Mango, Cantaloupe

6. Name two fruits on the chart with folate.
   two of: Orange, Mango, Avocado

7. Which fruit on the chart is an excellent source of both vitamin C and vitamin K?
   Kiwi

8. Which vitamin do the most fruits on the chart have?
   Vitamin C