

Name _____

Counting Colors

1. How many **RED** fruits and vegetables are in the A list? _____
2. How many **RED** fruits and vegetables are in the C list? _____
3. How many **YELLOW/ORANGE** fruits and vegetables are in the A list? _____
4. How many **YELLOW/ORANGE** fruits and vegetables are in the C list? _____
5. How many **GREEN** fruits and vegetables are in the A list? _____
6. How many **GREEN** fruits and vegetables are in the C list? _____
7. How many **BLUE/PURPLE** fruits and vegetables are in the A list? _____
8. How many **BLUE/PURPLE** fruits and vegetables are in the C list? _____
9. How many **WHITE** fruits and vegetables are in the A list? _____
10. How many **WHITE** fruits and vegetables are in the C list? _____
11. Which colors do you see the most of in the **A list**? _____
12. Which colors do you see the most of in the **C list**? _____

The "A" List

This list contains fruits and vegetables that are good sources of **VITAMIN A**, which helps keep your eyes healthy.

- | | |
|---|---|
| ☐ Apricots | ☐ Papayas |
| ☐ Asparagus | ☐ Persimmons |
| ☐ Butternut Squash | ☐ Pink Grapefruit |
| ☐ Broccoli | ☐ Plantains |
| ☐ Brussels Sprouts | ☐ Prunes |
| ☐ Cantaloupe | ☐ Pumpkin |
| ☐ Carrots | ☐ Red Bell Peppers |
| ☐ Chinese Cabbage | ☐ Red Grapefruit |
| ☐ Collard Greens | ☐ Red Leaf Lettuce |
| ☐ Endive | ☐ Romaine Lettuce |
| ☐ Green Leaf Lettuce | ☐ Spinach |
| ☐ Green Peas | ☐ Star Fruit |
| ☐ Mandarin Oranges | ☐ Sweet Potatoes |
| ☐ Mangos | ☐ Swiss Chard |
| ☐ Nectarines | ☐ Tangerines |

The "C" List

This list contains fruits and vegetables that are good sources of **VITAMIN C**, which helps keep your immune system strong and healthy.

- | | |
|---|--|
| ☐ Apricots | ☐ Papayas |
| ☐ Asparagus | ☐ Peaches |
| ☐ Bananas | ☐ Pineapple, fresh |
| ☐ Blueberries | ☐ Pink Grapefruit |
| ☐ Broccoli | ☐ Plantains |
| ☐ Brussels Sprouts | ☐ Plums |
| ☐ Cantaloupe | ☐ Potatoes |
| ☐ Carrots | ☐ Prunes |
| ☐ Cauliflower | ☐ Raspberries |
| ☐ Collard Greens | ☐ Red Bell Peppers |
| ☐ Cranberries | ☐ Red Pears |
| ☐ Green Bell Peppers | ☐ Rhubarb |
| ☐ Green Grapes | ☐ Rutabagas |
| ☐ Green Peas | ☐ Spinach |
| ☐ Honeydew Melon | ☐ Star Fruit |
| ☐ Jicama | ☐ Strawberries |
| ☐ Kale | ☐ Sweet Corn |
| ☐ Kiwifruit | ☐ Sweet Potatoes |
| ☐ Lemons | ☐ Tangerines |
| ☐ Limes | ☐ Tomatoes |
| ☐ Mangos | ☐ Watermelon |
| ☐ Nectarines | ☐ White Grapefruit |
| ☐ Okra | ☐ Yellow Bell Peppers |
| ☐ Oranges | |

