

To help you complete this worksheet, use the Good Food for You book.

Fruits

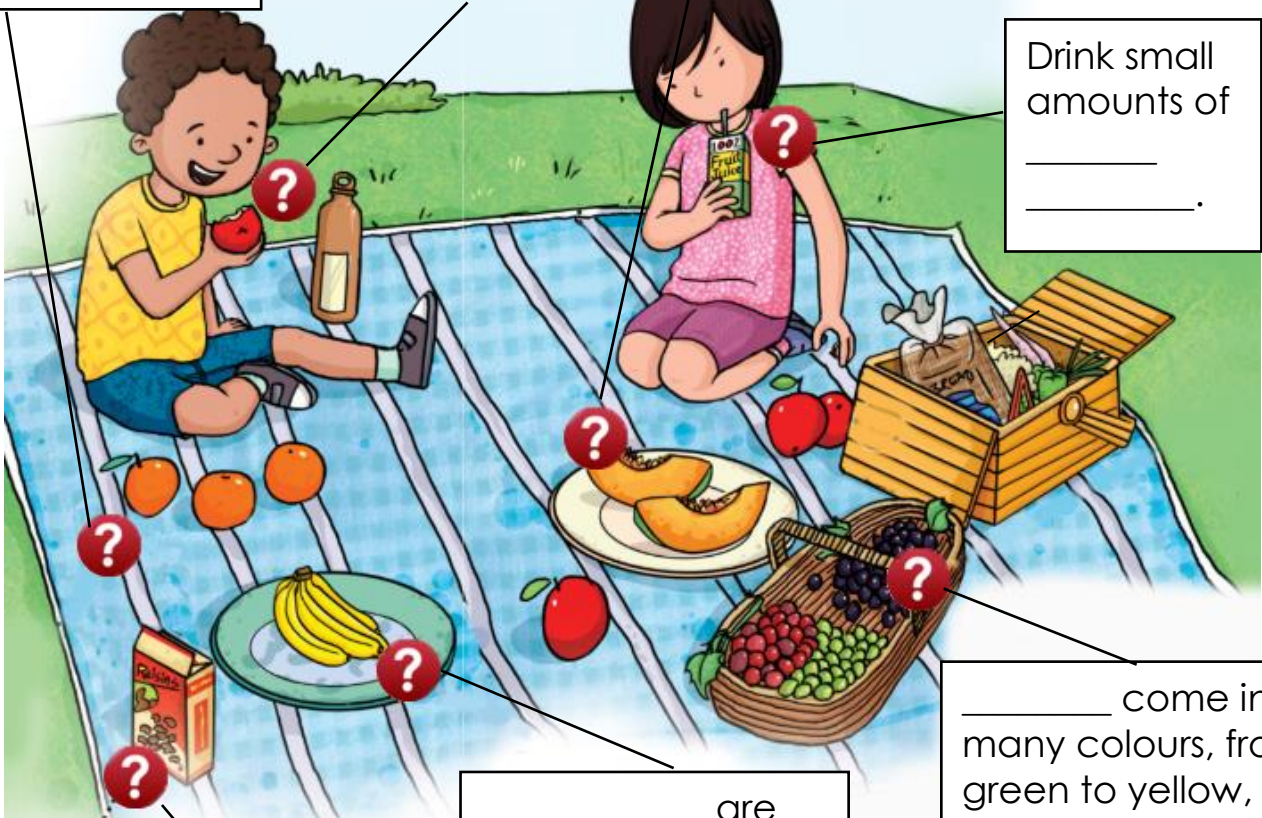
Fruits are part of flowering _____. They are important sources of many _____ that help keep the body healthy. Eat them whole, cut them up, or toss them in the blender to make a _____!

A medium orange is a _____ of fruit.

Eat an _____ or other piece of fruit as a healthy snack.

_____ and other _____ taste sweet and juicy. They are good sources of vitamins A and C.

Drink small amounts of _____.



Choose _____ that have no added sugar.

_____ are rich in nutrients called carbohydrates. They also have minerals and vitamins A and C.

_____ come in many colours, from green to yellow, pink, red, dark blue, and black.