

# DAYLIGHT FOODS

## Fresh Fruit & Vegetable Nutrition Fun!

Uh-oh! All of our favorite green foods got scrambled up! Can you help sort them out?

1. RLCBCOOI
2. OODACAV
3. BMRCCEUM
4. ELKA
5. REPA
6. NCIASHP
7. HUZICICN
8. IIKW
9. MIEL



Can you find all the fruits and vegetables in the word search puzzle above?



## Winter Season Brings Yummy Oranges!

Oranges and other citrus foods are super healthy for our bodies!

They are full of:

- |              |              |
|--------------|--------------|
| 1. Vitamin C | 4. Choline   |
| 2. Fiber     | 5. Vitamin A |
| 3. Potassium | 6. Vitamin E |



These nutrients help you grow and keep you from getting sick!