




# Fruit and Vegetable Match - Answer Sheet


First, see if you can match the fruits and vegetables to the nutrient that they are high in. Then see if you can match the nutrient to the action that it plays in the body.


## Fruits and Vegetables


Broccoli 


Spinach 


Blueberries 


Peas 

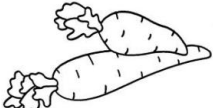
Collard Greens 

Asparagus 

Oranges 

Bananas 

Watermelon 

Carrots 

## Nutrients

Antioxidants

Calcium

Fiber

Folate

Iron

Potassium


Protein

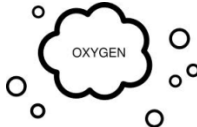
Vitamin A


Vitamin C


Water


## Action in the Body


Builds strong bones and teeth 


Delivers oxygen in the body 


Helps make DNA 


Fights off cancer 

Builds strong muscles 

Aids in digestion 

Supports immune system 

Keeps your body hydrated 

Maintains healthy blood pressure 

Good for eye health 