

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.

- | | |
|---|---|
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Papayas |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Pink Grapefruit |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Plantains |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Red Bell Peppers |
| <input type="checkbox"/> Chinese Cabbage | <input type="checkbox"/> Red Grapefruit |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Red Leaf Lettuce |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Green Leaf Lettuce | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Green Peas | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Mandarin Oranges | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Mangos | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> 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.

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



COUNTING COLORS Discussion Guide & Answers

Fruits and vegetables come in all colors of the rainbow. Color can tell us more about the vitamins in fruits and vegetables. In this activity, students will count and group fruits and vegetables by color, and then determine which fruits and vegetables are likely to contain the most vitamin A and vitamin C based on their color. After completing the exercise, students will know that **YELLOW/ORANGE fruits and vegetables are good sources of vitamin C**, a vitamin our bodies need to take in EVERY DAY so we stay healthy and strong.

Keep in mind that many fruits and vegetables that contain vitamins A and C do not appear on the lists below, and that is because they contain LESS THAN 10% of the recommended daily intake for these two vitamins. Fruits and vegetables can be called "good sources" of vitamin C if they contain 10% or more of the Daily Value for vitamin C.

1. How many RED fruits and vegetables are in the A list?
FOUR. Pink Grapefruit, Red Leaf Lettuce, Red Bell Peppers, and Red Grapefruit
2. How many RED fruits and vegetables are in the C list?
NINE. Cranberries, Pink Grapefruit, Raspberries, Red Bell Peppers, Red Pears, Rhubarb, and Strawberries, Tomatoes, and Watermelon
3. How many YELLOW/ORANGE fruits and vegetables are in the A list?
THIRTEEN. Apricots, Butternut Squash, Cantaloupe, Carrots, Mandarin Oranges, Mangos, Nectarines, Papayas, Persimmons, Pumpkin, Star Fruit, Sweet Potatoes, and Tangerines
4. How many YELLOW/ORANGE fruits and vegetables are in the C list?
FIFTEEN. Apricots, Cantaloupe, Carrots, Lemons, Mangos, Nectarines, Oranges, Papayas, Peaches, Pineapple, Star Fruit, Sweet Corn, Sweet Potatoes, Tangerines, and Yellow Bell Peppers
5. How many GREEN fruits and vegetables are in the A list?
ELEVEN. Asparagus, Broccoli, Brussels Sprouts, Chinese Cabbage, Collard Greens, Endive, Green Leaf Lettuce, Green Peas, Romaine Lettuce, Spinach, and Swiss Chard
6. How many GREEN fruits and vegetables are in the C list?
THIRTEEN. Asparagus, Broccoli, Brussels Sprouts, Green Bell Peppers, Collard Greens, Green Grapes, Green Peas, Honeydew Melon, Kale, Kiwifruit, Limes, Okra, and Spinach
7. How many BLUE/PURPLE fruits and vegetables are in the A list?
One. Prunes.
8. How many BLUE/PURPLE fruits and vegetables are in the C list?
FOUR. Blueberries, Plums, Prunes, and Rutabagas
9. How many WHITE fruits and vegetables are in the A list?
One. Plantains (Students might think this should be counted as a green fruit, but we only eat the white flesh, not the yellow peel.)
10. How many WHITE fruits and vegetables are in the C list?
FIVE. Bananas, Cauliflower, Jicama, Plantains, and Potatoes.
11. Which colors do you see the most of in the A list?
YELLOW/ORANGE. There are 13 YELLOW/ORANGE fruits and vegetables in the A list.
12. Which colors do you see the most of in the C list?
YELLOW/ORANGE. There are 15 YELLOW/ORANGE fruits and vegetables in the C list.