Vitamin C Matching Game

Vitamin C is an important nutrient that helps prevent scurvy. While we normally consider vitamin C when it comes to citrus fruits, it actually is hiding in lots of different food items! Play this simple guessing game with students to help them see the different foods that vitamin c lurks in. Print out the pages so that they are double sided. One side will have the picture and name of a food item and the other will say “Yes!” or “No.” Cut them into strips, shuffle them, and arrange them on a table or mount them to the board or an easel. Let students take turns guessing which foods contain Vitamin C and move the “Yes!” results to a special place. Here is a summary of the results:

<table>
<thead>
<tr>
<th>Yes!</th>
<th>No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limes</td>
<td>Cheese</td>
</tr>
<tr>
<td>Lemons</td>
<td>Butter</td>
</tr>
<tr>
<td>Oranges</td>
<td>Pork</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Beef</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Bread</td>
</tr>
<tr>
<td>Spinach</td>
<td>Rice</td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Green Peppers</td>
<td></td>
</tr>
<tr>
<td>Sauerkraut</td>
<td></td>
</tr>
</tbody>
</table>
Limes

Lemons

Oranges

Grapefruit
Yes!
Yes!
Yes!
Yes!
Potatoes

Spinach

Broccoli

Tomatoes
Yes!
Yes!
Yes!
Yes!
Green Peppers

Sauerkraut

Cheese

Butter
Yes!

Yes!

Yes!

No.

No.
Pork

Beef

Bread

Rice