

# Vitamin C Matching Game

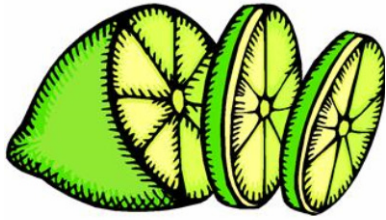
Vitamin C is an important nutrient that helps prevent scurvy. While we normally consider vitamin C when it comes to citrus fruits, it actually is hiding in lots of different food items! Play this simple guessing game with students to help them see the different foods that vitamin c lurks in. Print out 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:

## Yes!

<b>Limes</b>
<b>Lemons</b>
<b>Oranges</b>
<b>Grapefruit</b>
<b>Potatoes</b>
<b>Spinach</b>
<b>Broccoli</b>
<b>Tomatoes</b>
<b>Green Peppers</b>
<b>Sauerkraut</b>

## No.

<b>Cheese</b>
<b>Butter</b>
<b>Pork</b>
<b>Beef</b>
<b>Bread</b>
<b>Rice</b>



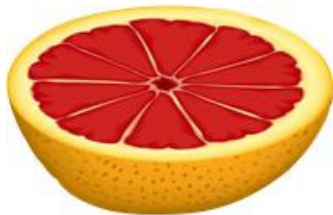
Limes



Lemons



Oranges



Grapefruit

Yes!

Yes!

Yes!

Yes!



Potatoes



Spinach



Broccoli



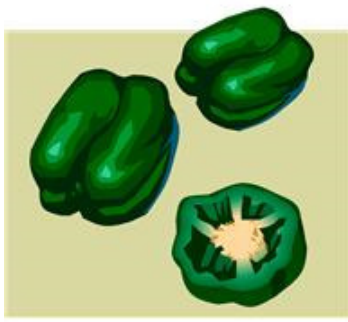
Tomatoes

Yes!

Yes!

Yes!

Yes!



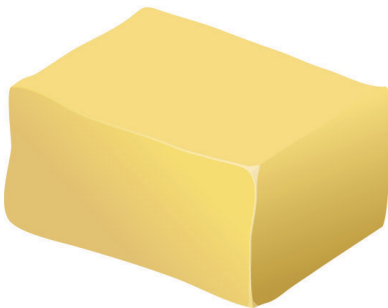
Green  
Peppers



Sauerkraut



Cheese



Butter

Yes!

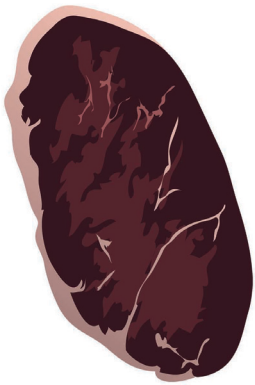
Yes!

No.

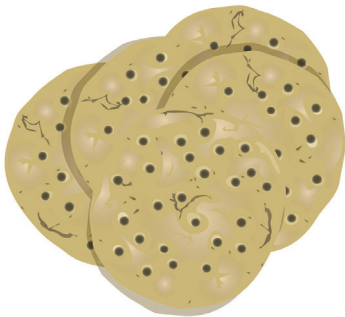
No.



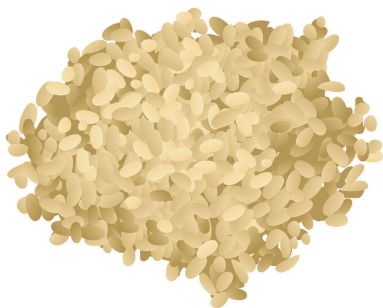
Pork



Beef



Bread



Rice



No.

No.

No.

No.