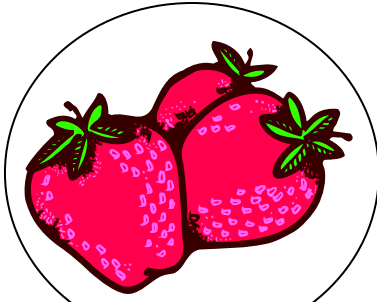


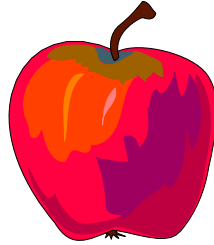
FRUITS AND VEGETABLES

Answer Sheet

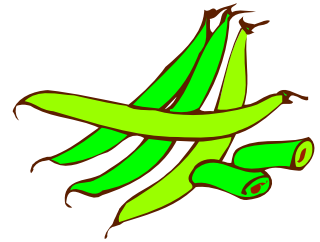
Directions: Circle the foods that are rich in Vitamin C.



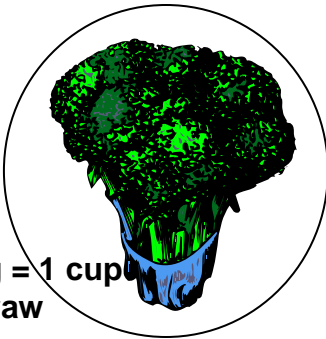
84 mg = 1 cup
raw



15 mg = 1 cup
raw



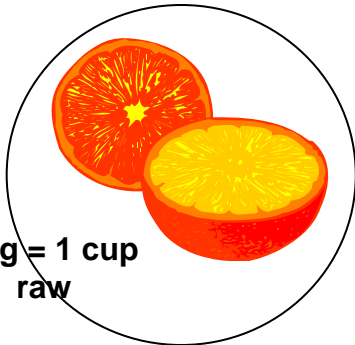
10 mg = 1 cup
cooked



78 mg = 1 cup
raw



10 mg = 1 cup
cooked



95 mg = 1 cup
raw



7 mg = 1 cup
raw



119 mg = 1 cup
raw



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