I eat my A, B, C’s because vitamins help me GROW!

**Vitamins** are important for you to grow. Your body needs a certain amount of vitamins each and every day. They can be found in the food you eat.

**Vitamin A** Helps me see.

**Vitamin B** Gives me energy.

**Vitamin C** Helps me stay healthy.

**Vitamin D** Makes my bones strong.

**Vitamin E** Feeds my brain.

Visit cacfp.org for more helpful tools.

This institution is an equal opportunity provider.
I ate my **A,B,C's** because vitamins help me **GROW!**

Keep track of what you eat. Each time you eat or drink one of the items below make a check mark in the box next to it. See how many vitamins you can check off by the end of the week.

- **Vitamin A** Helps me **see.**
  - eggs
  - squash
  - carrots
  - peaches
  - spinach

- **Vitamin B** Gives me **energy.**
  - chicken
  - cheese
  - beans
  - apple
  - meat
  - banana

- **Vitamin C** Helps me from getting **sick.**
  - sweet potato
  - strawberries
  - kiwi
  - orange
  - pepper
  - tomato

- **Vitamin D** Makes my bones **strong.**
  - salmon
  - tuna
  - cheese
  - cereal
  - milk

- **Vitamin E** Makes me **smart.**
  - eggs
  - broccoli
  - orange
  - nuts
  - avocado
  - mango

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Today, I ate foods that nourished my body with vitamins.

Directions: In each box, draw a picture of the foods that were served. Circle each vitamin that your meal contained, example, orange slices - circle C.

**Vitamin Log** Here is what I ate and the vitamins it has to help me grow.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Vitamin A</th>
<th>Vitamin B</th>
<th>Vitamin C</th>
<th>Vitamin D</th>
<th>Vitamin E</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM Snack</td>
<td>Vitamin A</td>
<td>Vitamin B</td>
<td>Vitamin C</td>
<td>Vitamin D</td>
<td>Vitamin E</td>
</tr>
<tr>
<td>Lunch</td>
<td>Vitamin A</td>
<td>Vitamin B</td>
<td>Vitamin C</td>
<td>Vitamin D</td>
<td>Vitamin E</td>
</tr>
<tr>
<td>PM Snack</td>
<td>Vitamin A</td>
<td>Vitamin B</td>
<td>Vitamin C</td>
<td>Vitamin D</td>
<td>Vitamin E</td>
</tr>
<tr>
<td>Supper</td>
<td>Vitamin A</td>
<td>Vitamin B</td>
<td>Vitamin C</td>
<td>Vitamin D</td>
<td>Vitamin E</td>
</tr>
</tbody>
</table>