

## Build a Vitamin-Packed Plate!

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**Task:** Name a meal that includes at least 3 different vitamins.



## **Snack Swap Challenge!**

**Task:** Replace a junk food with a healthier, vitamin-rich option.



## **Fruit Salad Game!**

**Task:** Name three fruits, each rich in a different vitamin.



## **Vegetable Variety!**

**Task:** List five vegetables that provide different vitamins.



## **Vitamin C Boost!**

**Task:** Name a food high in vitamin C that's not citrus.



## **Morning Power!**

**Task:** Suggest a healthy breakfast that provides vitamins A, B, and D.



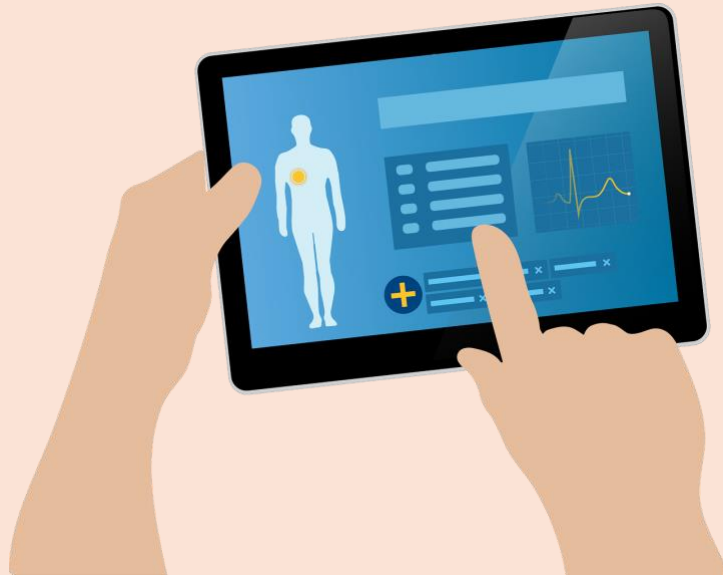
## Healthy Drink Swap!

**Task:** Swap a sugary drink with a beverage rich in vitamins



## Superfood Swap!

**Task:** Replace a common snack with a vitamin-packed alternative.





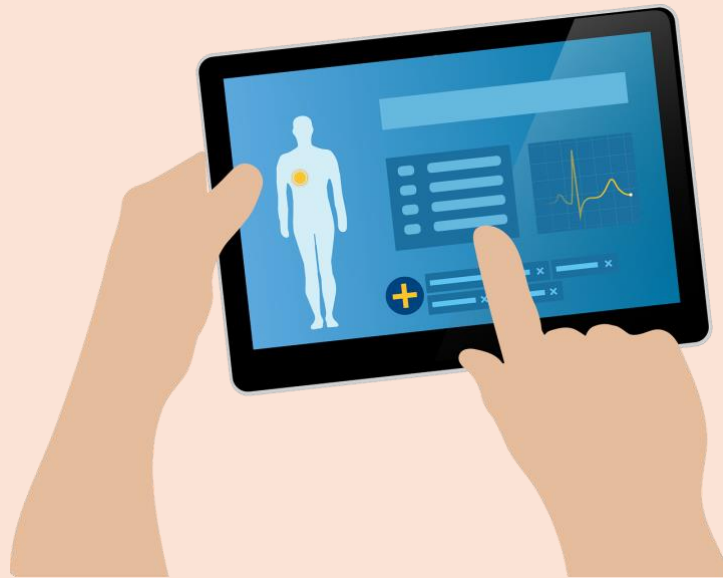
## Crispy Vitamin E!

- **Task:** Name a food rich in vitamin E that you can snack on.



## Go Green!

**Task:** Name two leafy greens that provide vitamins and minerals.



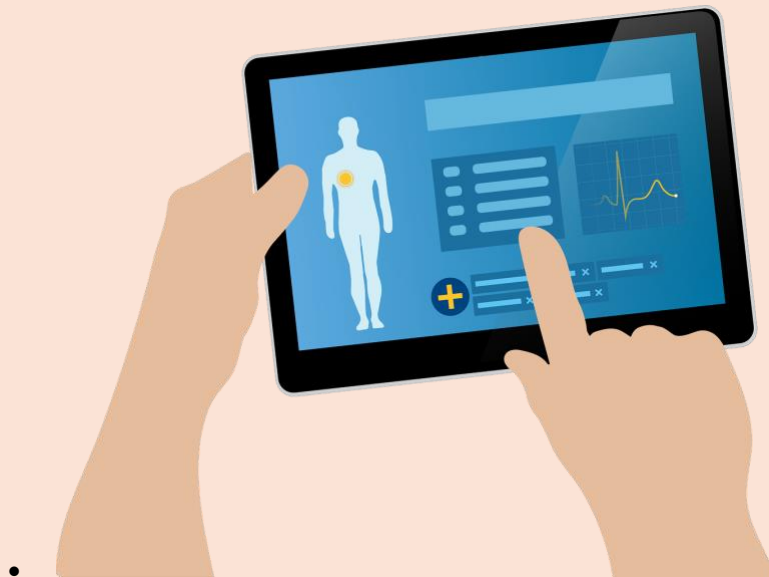
## Sunshine Snack

**Task:** Name three food that boosts vitamin D levels.



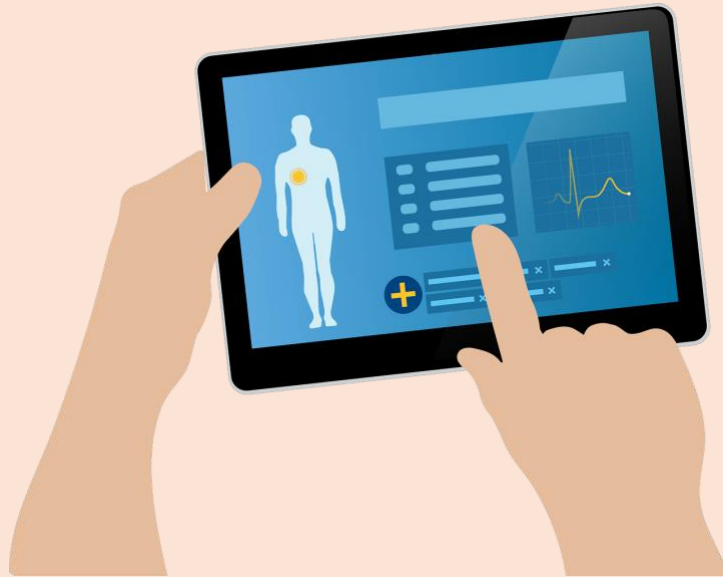
## Build a Vitamin B Meal!

- **Task:** Name a meal that includes at least three types of vitamin B.



## Smoothie Boost!

**Task:** Name three economic ingredients you'd add to a smoothie to give it a vitamin-packed punch.



## Colorful Plate!

**Task:** Name a vitamin-rich food from each color of the rainbow.



## Healthy Oils!

**Task:** Name two oils that provide vitamin K.



## **Meal Makeover!**

**Task:** Suggest how you'd upgrade a typical fast-food meal to include more vitamins





## **Time to Hydrate!**

**Task:** Suggest a vitamin-rich beverage that can keep you hydrated throughout the day.



## **Snack for the Skin!**

**Task:** Name a vitamin-rich snack that benefits skin health.



## **Vitamin A and the Eyes!**

**Task:** Name five food that helps improve eyesight with vitamin A



## **Vitamin B Boost!**

**Task:** Name a food high in B vitamins  
and explain how it benefits energy  
levels



## **Plant-Powered Vitamin C!**

**Task:** Name a non-citrus plant-based food high in vitamin C



## Healthy Fats for Vitamin D!

**Task:** Name a food that provides both healthy fats and vitamin D



## Healthy Fat Swap!

**Task:** Swap a source of saturated fat with one that provides vitamin E



## **Eat the Rainbow!**

**Task:** Name foods that provide vitamin A, C, and K from three different colored vegetables





## **Herb Power!**

**Task:** Name an herb that is a good source of vitamins and its potential health benefits



## **Vitamin-packed Stir-Fry!**

**Task:** Suggest a stir-fry recipe that provides a variety of vitamins



## **Snack Attack!**

**Task:** Name a snack that combines fruits, nuts, and seeds to give you a vitamin boost



## **Nuts for Vitamins!**

**Task:** Name a type of nut that is rich in vitamins and its benefits

