

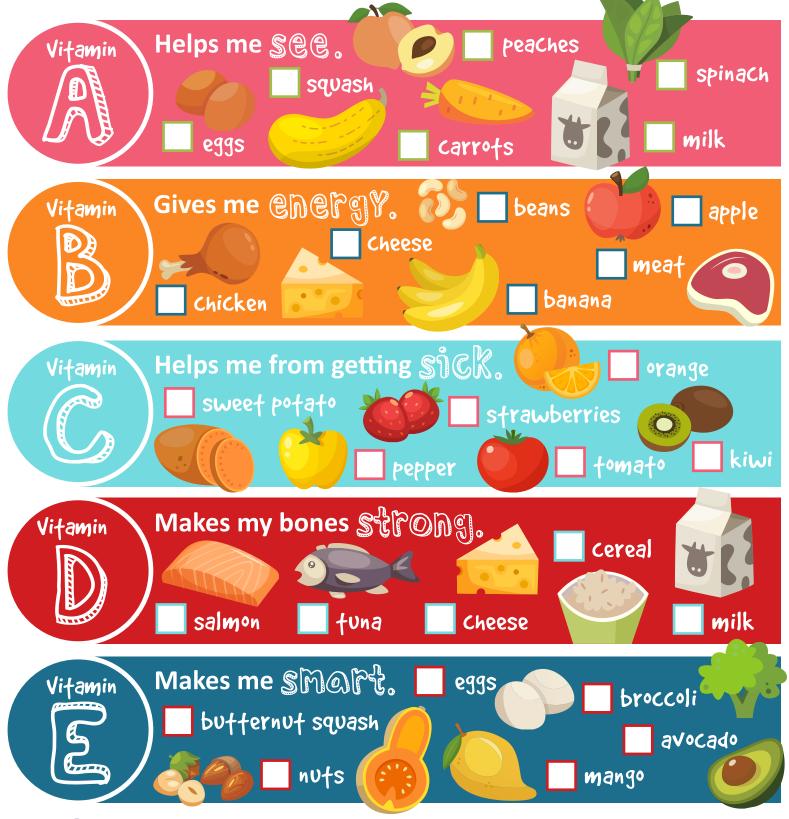
Vitamins are important for you to grow. Your body needs a certain amount of vitamins each and every day. They can be found in the food you eat.



Visit cacfp.org for more helpful tools.



Keep frack 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.



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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.

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

Breakfast				
Vifamin A AM Snack	Vifamin B	Vifamin C	Vifa m in D	Vifa m in E
Vitamin A	Vifa m in B	Vifamin C	Vifamin D	Vifa m in E
Lunch				
Vitamin A	Vifamin B	Vitamin c	Vitamin D	Vitamin E
PM Snack				
Vitamin A	Vifamin B	Vifamin C	Vifamin D	Vifa m in E
Supper				
Vitamin A	Vifamin B	Vifamin C	Vițam in D	Vifamin E