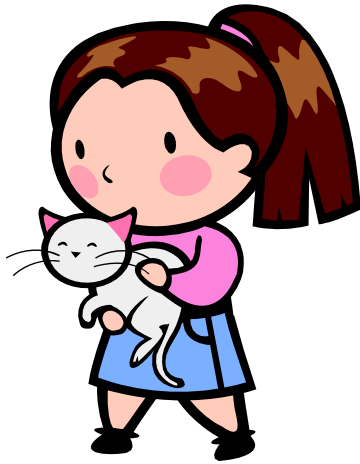
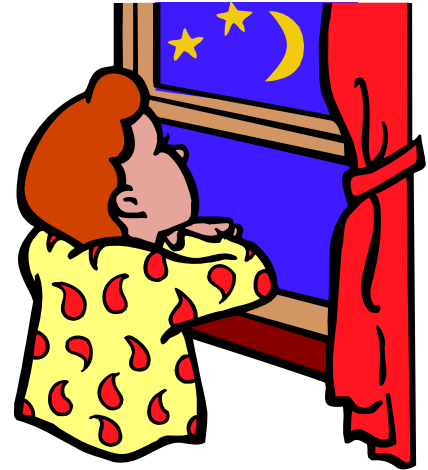


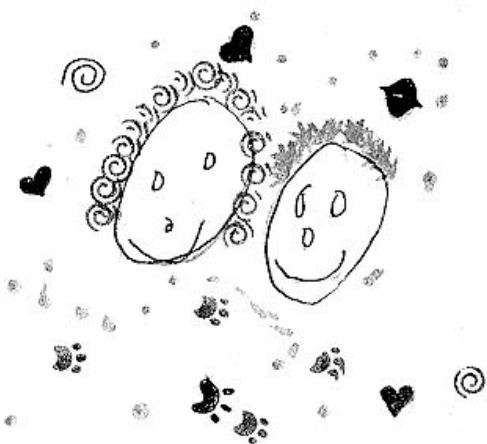
Vitamin A



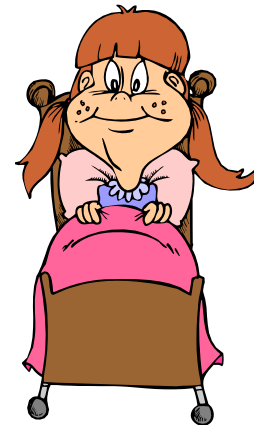
Helps you grow



Helps you see
in the dark



Helps keep your
skin healthy



Helps you
fight sickness



This material was funded by USDA's Food Stamp Program through the *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121.

This material was created and approved as an extension to the Harvest of the Month tool kit by the *Network for a Healthy California*.

You need vitamins to help you grow.

The B vitamins help turn the food you eat into energy.

Here are some fruits and vegetables you can eat to get your B vitamins:



Can you name them?

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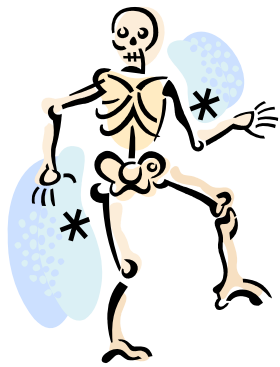
This material is adapted from the California Department of Health's Harvest of the Month tool kit and *Nifty Nutrition's* Instructor's Resource Guide for Teaching Nutrition Education.



Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

Vitamin C



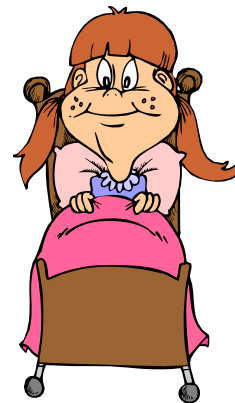
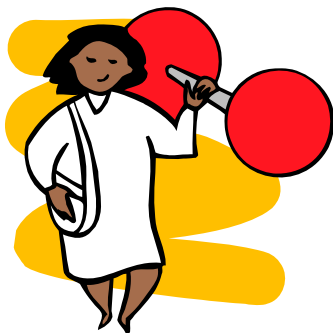
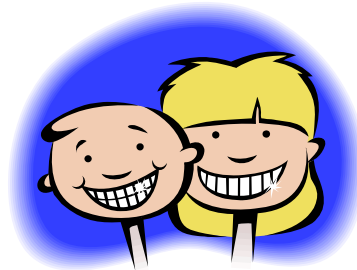
Helps hold bones together



Helps heal cuts



Helps teeth and gums for a beautiful smile



Helps keep blood strong to keep you healthy

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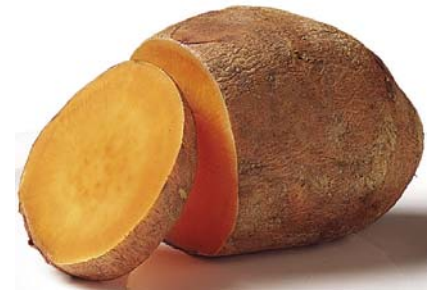
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Fiber

Fiber comes from plants.



These are
some
fruits and
vegetables
you can eat
to get fiber.



Eat foods with fiber to help keep your body healthy.

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