Fruit and Vegetable Alphabet Tracker

Ages 4–8 · Name: _____

How to play

Find a fruit or vegetable that starts with each letter. Write its name or draw it.

Some letters are hard (like Q, U, X and Z). You can write any food that starts with that letter, or write a ? and keep hunting.

Look, don't touch or taste, unless a grown-up says it's OK. Wash your hands when you're done.

Letter	Food I found	Where? (store, book, garden)	Fruit, vegetable, or other?
A			
B			
C			
D			
E			
F			
G			
H			
I			

Letter	Food I found	Where? (store, book, garden)	Fruit, vegetable, or other?
J			
K			
L			
M			

Letter	Food I found	Where? (store, book, garden)	Fruit, vegetable, or other?
N			
O			
P			
Q			
R			
S			
T			
U			
V			

Letter	Food I found	Where? (store, book, garden)	Fruit, vegetable, or other?
W			
X			
Y			
Z			

The newest food I found was:

Draw your favorite find

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Answer key — Fruit and Vegetable Alphabet Tracker

These are examples, not the only right answers. Accept any real food that starts with the letter, names in other languages, and a ? for very hard letters.

Letter	Example fruits and vegetables
A	apple, apricot, avocado, asparagus, artichoke
B	banana, blueberry, broccoli, beet, bok choy
C	carrot, cucumber, cherry, cabbage, cauliflower
D	date, dragon fruit, daikon radish
E	eggplant, edamame, endive
F	fig, fennel, fava beans
G	grapes, guava, garlic, green beans
H	honeydew melon, habanero pepper
I	iceberg lettuce, Italian plum (tricky letter)

Letter	Example fruits and vegetables
J	jicama, jackfruit, jalapeño pepper
K	kiwi, kale, kohlrabi, kumquat
L	lemon, lime, lettuce, leek, lentils
M	mango, melon, mustard greens
N	nectarine, napa cabbage, navy beans
O	orange, okra, onion, olive
P	pear, peach, pineapple, papaya, plantain, peas, pumpkin
Q	quince (tricky letter; quinoa is a seed that food guides group with whole grains)
R	raspberry, radish, romaine lettuce, rhubarb (stalks only)

Letter	Example fruits and vegetables
S	strawberry, spinach, squash, sweet potato
T	tomato, tangerine, turnip, tomatillo

Letter	Example fruits and vegetables
U	ube, a purple yam (tricky letter; any food starting with U is fine)
V	Valencia orange, Vidalia onion (tricky letter)
W	watermelon, watercress, white beans
X	Very tricky: almost no common English produce names start with X. Xigua is a Chinese name for watermelon. A ? is a great answer.
Y	yam, yellow squash, yuca (always cooked, never raw)
Z	zucchini

In many U.S. stores, orange-fleshed sweet potatoes are labeled "yams," though true yams are a different plant. Either answer is fine for Y.