

Fabulous Fruits

Benefits of Fruit:

1. GO food!
2. Packed with vitamins and minerals.
3. Low in fat and calories.
4. Good source of fiber.
5. Huge variety to choose from.
6. Different colors provide different nutrients.

Farmers Market or Green Cart Shopping List

Try at least one new fruit this week.



Family Goal

Goal: Eat two to four fruits servings every day! Check if you reached your goal:

Monday	1. _____	2. _____	3. _____	<input type="checkbox"/> Great start!
Tuesday	1. _____	2. _____	3. _____	<input type="checkbox"/> Good Job!
Wednesday	1. _____	2. _____	3. _____	<input type="checkbox"/> Well Done!
Thursday	1. _____	2. _____	3. _____	<input type="checkbox"/> Keep Going!
Friday	1. _____	2. _____	3. _____	<input type="checkbox"/> Fantastic!
Saturday	1. _____	2. _____	3. _____	<input type="checkbox"/> Way to go!
Sunday	1. _____	2. _____	3. _____	<input type="checkbox"/> You did it!

BONUS: Can you try one new fruit? I tried _____. It gets ★ ★ ★ ★ ★ (circle the stars, 5 = delicious!)

Fact of the Week Blueberries have more antioxidants than most other fruits and vegetables. (Antioxidants help protect your body's cells from being damaged.)



Surprising Fact

Fruit that is fresh, frozen or canned in fruit juice are all GO foods.

Health Tip

Wash all fresh fruit before eating.



Strategy

Have fruit for dessert.

At-Home Tools

Fruit Books

Oliver's Fruit Salad
by Vivian French

*The Little Mouse,
the Red Ripe Strawberry
and the Big Hungry Bear*
by Don Wood

Blueberries for Sal
by Robert McCloskey



New Fruit Words to Use

1. Crunchy
2. Juicy
3. Sticky
4. Sweet
5. Smooth



Recipes to Include Fruit

Breakfast

Cereal with fat-free or low-fat milk and blueberries

Lunch

Fat-free or low-fat cheese melted over apple slices, on whole grain toast

Afternoon Snack

Apple slices sprinkled with cinnamon

Dessert

Bowl of frozen cut grapes (red or green)
Hint: cut before freezing!

Did you know...

As you cook and prepare food with your children, you are helping them learn to count, categorize and recognize colors and shapes.

Fruit Activities

Create a Funny Fruit Face

Use a variety of fruits cut into shapes for mouth, nose, eyes, ears, and hair. Arrange on your plate. The best part is eating the face when you are done!

"I Spy" Colors

While shopping, try to spot the colors of the rainbow (red, orange, yellow, green, blue, indigo, violet).

Ants on a Log

Using celery sticks, fat-free or low-fat cream cheese and raisins, design what looks like ants crawling along a straight, crunchy log!

