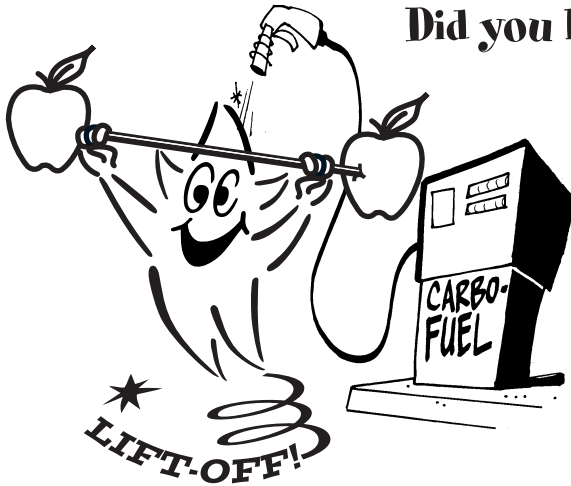


Name _____



The Fruit Group makes a sweet juicy entrance.

Did you know that fruits also come from plants?

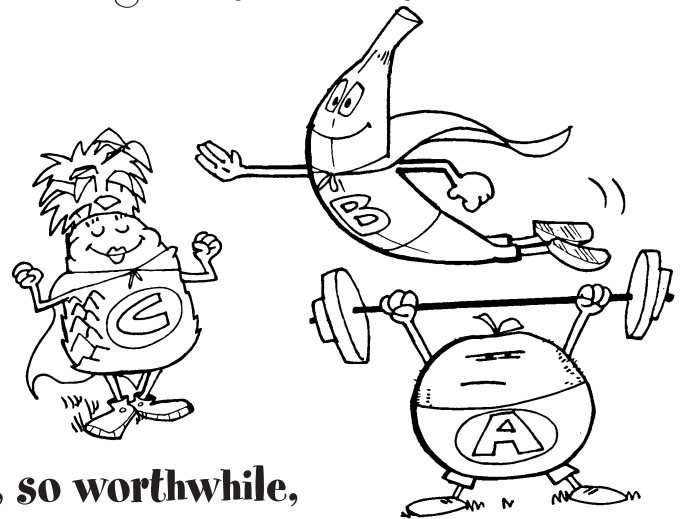


**They grow on trees, bushes, and also vines.
All fruits are happiest when the sun shines!**

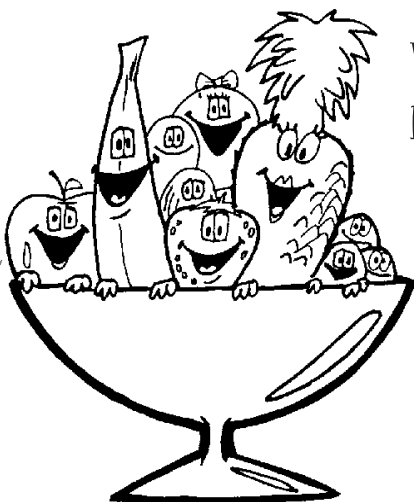
**Fresh, frozen, canned, dried and even as juice,
Full of good things for your body to use.**

**An important source of carbohydrates,
For lots of energy, please fill your plates!**

**Fruits are low in fat, full of fiber, too,
They help you feel good in all that you do.**



**Vitamins A, B and C, so worthwhile,
Keep eyes, skin, bones, and teeth in tip-top style.**



Recommended Daily Amounts:

1 to 1 and 1/2 cups. 1 cup equals:

- 1 cup sliced or diced, raw or cooked or canned fruit
- 1 large banana, orange or peach
- 1 small apple
- 8 large strawberries
- 1/2 cup dried fruit or raisins
- 1 cup 100% fruit juice
- 1 cup applesauce

**Breakfast, lunch, dinner, instead of a sweet,
Fruit at a meal makes a tasty good treat.**

