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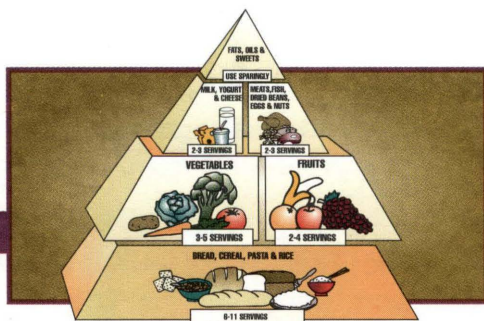
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Color Your Way to 5 Fruits and Vegetables A DAY

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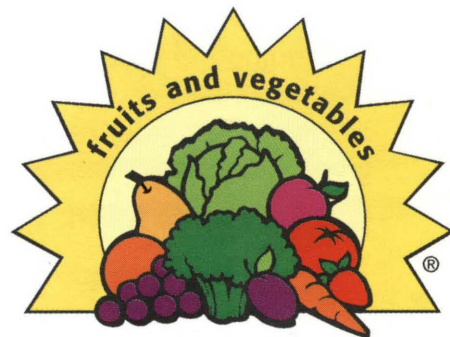
Pyramid Chef's Challenge

Wise eating habits give you the nutrients you need to enjoy a healthy, active life. Eating fruits and vegetables every day gives you many benefits! Let's become Pyramid Chefs by **CHOOSING HEALTHY EATS FOR SELF** when you

- Eat a variety with many colors
- Eat five servings every day
- Eat high fiber fruits and vegetables
- Eat at least one vitamin C rich fruit or vegetable
- Eat at least one vitamin A rich fruit or vegetable

Colorful Facts About Fruits & Vegetables

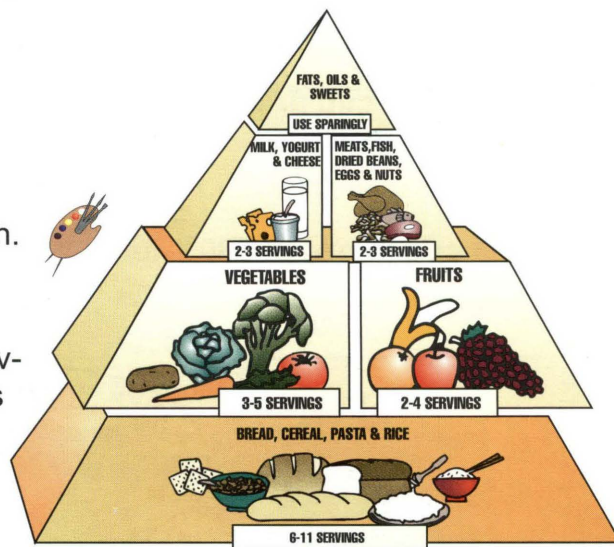
- Nature's fast food with bright colors, flavors, & texture
- Great sources of vitamin A, vitamin C, fiber, & water
- Help to prevent some cancers and heart disease
- Can eat anytime and in many ways
- Help maintain a healthy weight
- Put a healthy glow on your skin
- Contain carbohydrates to give you energy
- Keep teeth and gums healthy. Nature's toothbrush.



EAT 5 A DAY
for better health

Eating the Food Guide Pyramid Way

The Food Guide Pyramid shows a range of servings for each food group. Eat at least two servings of fruits and at least three servings of vegetables every day. This is the "5 A Day" way. National Cancer Institute started the 5 A Day program to help you reach this health goal.



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Border Game Instructions:
 Fill in the missing letters around the border to correctly spell the name of a fruit or vegetable. Start at the ★ and fill in to the right. The last letter of one word will be the first letter of the next word. For example, the last letter of tomato, which is an "o", will start the next word, okra. Once you have completed all of the words, use the numbers under the letters to complete this mystery sentence.
 Eat five fruits and vegetables a day to
 _____ !!!
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

What is a serving size?

Serving sizes vary for the different types of fruits and vegetables: fresh, canned, cooked, dried, or juices. In the space below write in your favorite fruit or vegetable. Examples are given. You need 5 servings of fruits and vegetables each day.

1 medium fresh

_____ or _____
 Fruit potato
 Vegetable

1/2 cup canned sliced, or chopped

peaches _____
 Fruit Vegetable

1/2 cup of cooked

_____ or _____
 Fruit greens
 Vegetable

1/2 cup dried

apricots _____
 Fruit Vegetable

3/4 cup (6 oz.) of 100% juice

_____ or _____
 Fruit tomato
 Vegetable



Fruit Basket Upset

Fruits are rich in many nutrients that make your skin and teeth healthy. Circle your favorite fruits that you like to eat. Next, list two of your favorite fruits that are good sources of

Vitamin A: _____

 Vitamin C: _____

 Fiber: _____

Fruits Market

A = Vitamin A Rich Fruit
 C = Vitamin C Rich Fruit
 F = Fiber Rich Fruit

- apples F
- apricots A, F
- banana F
- blueberries C, F
- cantaloupe A, C, F
- cherries F
- cranberries F
- figs F
- grapes F
- grapefruit C, F
- honeydew C
- kiwi C, F
- mango A, C, F
- nectarine A, F
- orange C, F
- papaya A, C, F
- peach A, F
- pear F
- pineapple C, F
- plantain F
- plums F
- prunes F
- raisins F
- raspberries C, F
- strawberries C, F
- tangerine C, F
- watermelon C

N L R T W

Fruits & Vegetables are as Sweet as 1-5!

Variety is the Spice of Life

**SELECT IT
WASH IT
EAT IT
EVERY
TIME**



How **SWEET** it is!

**If You See It,
You Will Eat It!**

Think about what you ate yesterday. List the fruits and vegetables that you ate yesterday in the spaces below.

Breakfast _____

Lunch _____

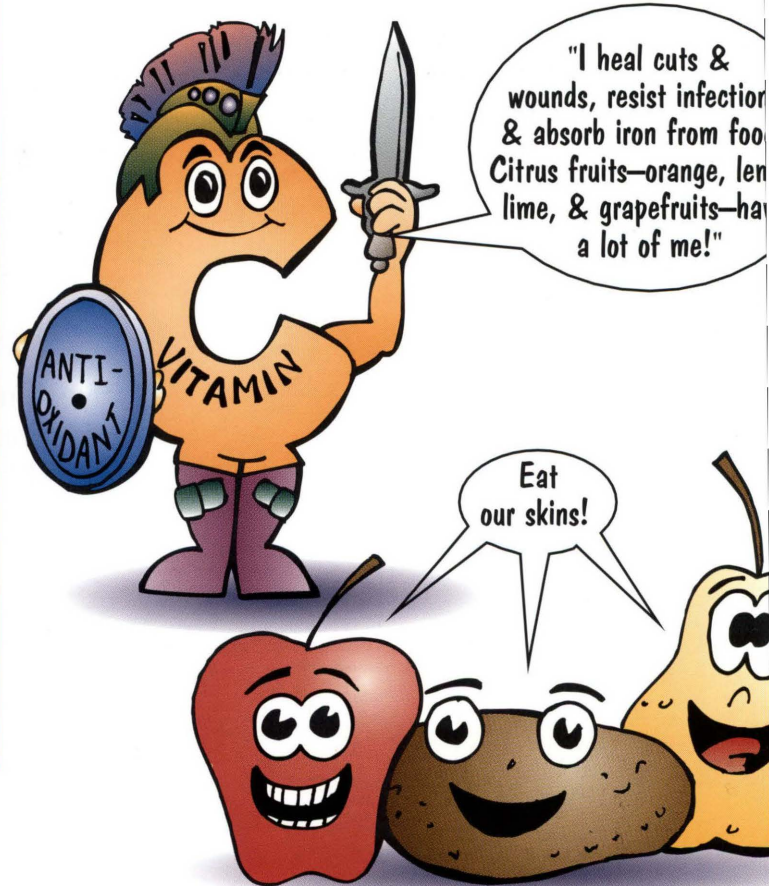
Dinner _____

Snacks _____

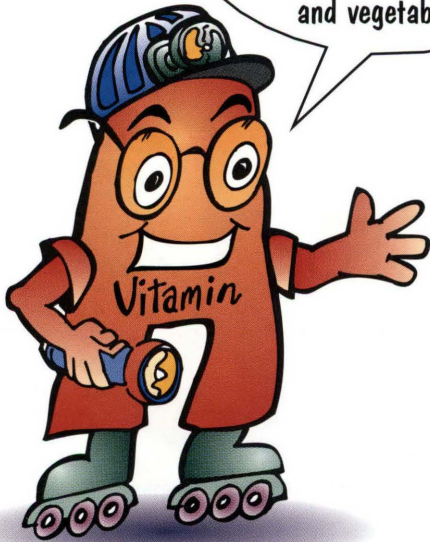
Did you get a variety of colors? Yes or No.
Did you eat the "5 A Day" way? Yes or No. If you did not eat the "5 A Day" way, what fruits or vegetables can you add to get to your 5 A Day goal.

Eat the 5 A Day Way by:

- Asking your parents to buy and prepare more fruits and vegetables.
- Placing nature's fast foods in a bowl on the table or in the refrigerator where produce can be seen. If you see them, you will eat them on your way to work, school, play, or while watching TV.
- Choosing canned fruits packed in natural juices or light syrup.
- Choosing 100% fruit juices. Read the nutrition label. The type of juice (apple, orange, or tomato) should be listed as the first ingredient. Avoid fruit drinks or cocktail drinks that are mostly sugar water and list high fructose or sucrose (sugar) water as the first ingredient.
- Buying a mix of fresh, canned, frozen, & dried fruits & vegetables.
- Cutting costs by buying seasonal produce, store specials, or at farmer's markets.



"I give you good eyesight especially at night. I also give you healthy skin and prevent infections. I am found in bright orange & dark green fruits and vegetables."



Vegetable Market

A = Vitamin A Rich Vegetable
 C = Vitamin C Rich Vegetable
 F = Fiber Rich Vegetable

- Asparagus C, F
- Bean Sprouts C, F
- Beets
- Bell Peppers:
 - Green C, F
 - Red A, C, F
- Bok Choy A, C, F
- Broccoli A, C, F
- Brussels Sprouts C, F
- Cabbage C, F
- Carrots A, F
- Cauliflower C, F
- Celery F
- Collard Greens A, C, F
- Corn F
- Cucumbers

- Eggplant F
- Green Beans F
- Kale A, F
- Lettuce (Iceberg)
- Lima Beans F
- Mustard Greens A, C, F
- Mushrooms
- Okra C, F
- Onions F
- Parsnips F
- Peas (Green) F
- Potatoes C, F
- Pumpkin A, F
- Radishes F
- Spinach A, C, F
- Soybeans F
- Squash (Winter) A, C, F
- Sweet Potatoes A, C, F
- Tomato C, F
- Turnip Greens A, C, F
- Yam A,C,F
- Zucchini F

"I soak up moisture like a sponge to move food through your digestive system. I am found in the chewy parts of the plants. Eat the skins, membranes, and seeds of foods."



It's a Small World

Fresh produce is commercially grown on farms in Virginia and around the world. Name 2 fruits or vegetables that are commercially grown in Virginia. Name 2 fruits or vegetables that are primarily grown outside of the continental United States and are shipped here to be sold.

1. _____
2. _____
1. _____
2. _____



"Pyramid Chefs' Party"

You invited 7 friends to your home for a sleep over. You decided to make "Yogurt Fruit Cones" because fresh fruits are in-season at the farmer's market. Also, yogurt fruit cones are easy to make by mixing fruit with yogurt and serving it in an ice cream cone.

First, you must calculate the correct amount of fruit for the total group. Each person will get 2 servings of fruit in one cone. You will prepare 3 extra servings for those who may want more. Remember to include yourself.

1. One serving size of fruit for one person is how much? _____ cup

2. How many total cups of fruit do you need to make?

Total Amount Needed: _____ cups



3. Earlier in the day your sister and brother helped wash and prepare a variety of colorful and nutritious fruits. Your sister sliced $1 \frac{1}{3}$ cups of peaches. Also, she washed $\frac{3}{4}$ cup of raspberries, 1 cup of grapes, and $\frac{1}{3}$ cup of blueberries. Your brother diced $\frac{1}{4}$ cup of apples, $\frac{1}{3}$ cup of mangoes, and $1 \frac{1}{4}$ cups of kiwi. Add up the amount of fruit that they previously prepared.

Previously Prepared Amount: _____

4. Next, you will choose 3 different colorful fruits to include in the fruit mixture. Choose 3 different amounts for each fruit, which will add up to the additional amount of fruit needed.

_____ - _____ = _____
 Total Amount Needed Previously Prepared Amount Additional Amount Needed

Fruit 1: _____ Amount: _____

Fruit 2: _____ Amount: _____

Fruit 3: _____ Amount: _____

A variety of colors in the fruit mixture will give your body many different nutrients. List the different colors in your fruit mixture.

After washing and preparing all the fruits, you will add two 8 oz. containers of lemon or vanilla yogurt. The yogurt is the binding agent that holds the fruit together. The fruit can be served in a variety of fun ways--parfait glasses, ice cream cones, or in pitas. Be creative! Let your imagination go wild! What can you add to the top of your creation? _____

What Part of the Plant Are You Eating?

We eat the seeds, stems, roots, leaves, flowers, and fruits of plants. Draw a line connecting the words to the correct parts of the plant.

Seeds

1. pinto beans
2. _____
3. _____

Stems

1. bok choy
(Chinese celery)
2. _____
3. _____

Roots

1. onion
2. _____
3. _____

Leaves

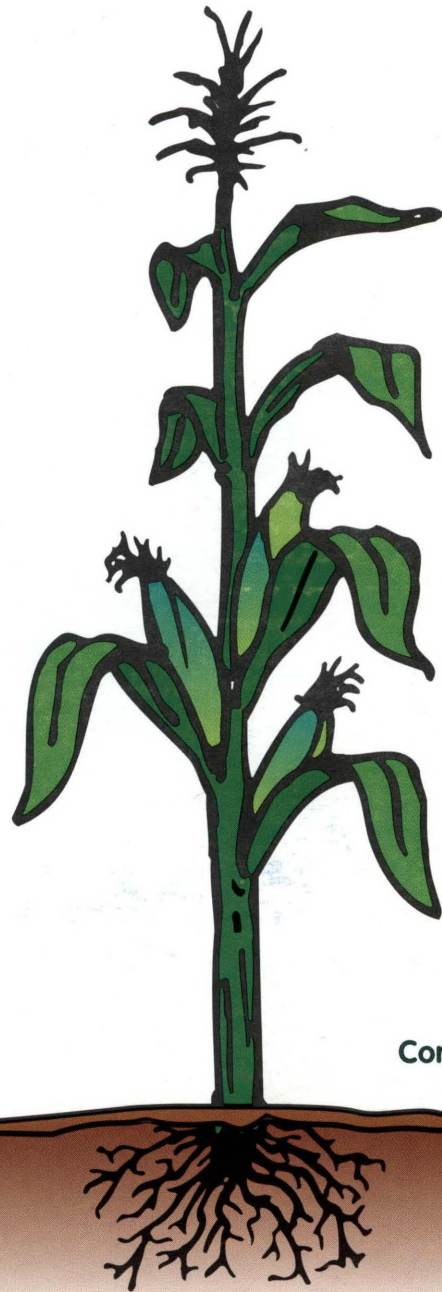
1. lettuce
2. _____
3. _____

Flowers

1. _____
2. _____

Fruits

1. apple
2. _____
3. _____



Corn Plant

Next, match the fruits or vegetables below with the correct part of the plant. Write the name of the fruit or vegetable under the correct part of the plant. Examples are given.

tomato

collards

cauliflower

carrot

broccoli

sweet potatoes

asparagus

spinach

peas

strawberry

corn

celery