

## Fruits and Vegetables

### **Fruit** *Make That 2 a Day*

We need 2 cups of fruit a day! Here are some fruits that help us grow and go!

Draw a line between the picture of the fruit and what counts as 1 cup of fruit.



Canned fruit cocktail

1 medium fruit



Apple

1 cup



Berries

1 cup



Orange Juice

1/2 cup



Raisins

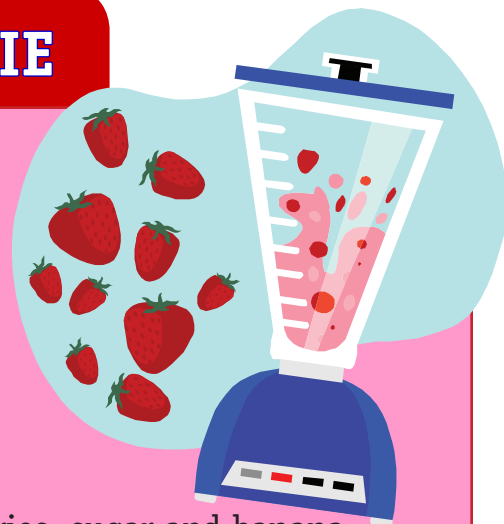
1 cup

*Do you get 2 cups of fruit a day?*

**Vitamin C Fruits:**

**Oranges • Grapefruit • Cantaloupe • Kiwi • Honeydew • Melon  
Strawberries • Tangerines • Watermelon**

# STRAWBERRY-YOGURT SMOOTHIE



1/2 cup unsweetened pineapple juice  
1 (8 oz) cup plain or strawberry low-fat yogurt  
1 (10 oz) package frozen whole strawberries  
1 tsp sugar  
1/2 banana  
Chopped ice

Pour juice in blender container. Add yogurt, frozen strawberries, sugar and banana.

Ask an adult to break up the ice cubes. (Put ice cubes in a resealable plastic bag. Close bag and place on a cutting board. Break up or chop ice cubes with a hammer.)

Add about 3 cups chopped ice to the blender container. Cover and blend until smooth. Pour into glasses.

*Nutritional analysis, 1-cup serving: 73 calories, 71% calories from carbohydrate and 11% from fat, 23 mg vitamin C, 244 mg potassium and 120 mg calcium.*

## Match these:



**berry**



**melon**



**taloupe**

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