

Facts Page

Let these fruit facts help enhance your lesson.

Fruits & Veggies—More Matters is a health initiative that consumers will see in stores, online, at home and on packaging. It replaces the 5 A Day awareness program, with the intent to inspire consumers to eat more fruits and vegetables in all forms—fresh, frozen, canned, dried and 100% juice.

Fruits are:

- Low in calories
- High in nutrients and fiber
- Low in cost when bought in season
- An eye-pleasing part of meals and snacks!

Children and adults need to eat at least 1½ cups of fruit each day. Each of the following counts as one cup—

1 small apple	1 small wedge watermelon
1 large banana	1 large orange
1 medium grapefruit	3 medium plums
1 medium pear	8 large strawberries

Fun Fruit Facts

- Contrary to popular legend, Johnny Appleseed did not walk the countryside scattering apple seed from a sack on his back. Actually, he started a chain of apple nurseries in Pennsylvania, Ohio and Indiana.
- There are over 7,000 varieties of apples in the world.
- The banana plant often grows as fast as an inch a night!
- In the 16th century, strawberries were used as medicine rather than food. They were said to relieve heat and redness of the face.
- Citrus fruit was known to have been grown in Asia 20 million years ago.
- Early explorers used watermelons as canteens.



Related websites:

<http://www.fruitsandveggiesmatter.gov> — replaces 5 A Day awareness program

<http://www.floridajuice.com/about.php> — Florida Department of Citrus

<http://www.usapears.com> — Pear Bureau Northwest



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