

THE HEALTHY KIDS TIMES

Rainbow of Fruit

Grades 3-4

NUTRITION NEWS AND MORE FOR YOUR FAMILY

Dear Parent,

Your child has been learning more about fruits. Fruits are an excellent source of vitamins and minerals, as well as fluids and fiber. We should eat about 2 cups of fruit or 100% fruit juices each day.

Apples are about 85% water. Water is important to the body. Water helps keep our skin healthy and promotes good digestion. It is really important to drink enough water during hot weather to help cool our bodies.

Set a good example by eating fruit every day. Have fruits available for snacks. Offer some fruit or 100% fruit juice at each meal. Let your children help you shop for fruits. Encourage them to help you wash or cut-up fruit when you are preparing a meal or snack.

How Big is a Serving?

Try to eat about 2 cups of fruit each day. Sometimes it is hard to decide how much fruit is in one cup. Here are some easy ways to remember the size (or volume) of a serving of fruit.

1 small apple = 1 cup = size of a baseball

$\frac{1}{2}$ cup sliced fruit = size of a small computer mouse

$\frac{1}{2}$ cup fruit juice = size of a 4 ounce juice box

1 large banana (8 inches long) = 1 cup

$\frac{1}{8}$ cantaloupe (1 slice) = 1 cup

16 grapes = $\frac{1}{2}$ cup

4 large strawberries = $\frac{1}{2}$ cup

Put a Rainbow on Your Plate

It is important to eat a variety of colors of fruits and vegetables each day. Different colors of foods supply us with different nutrients. Here are some fruits from each of the color groups. Try to include some different colors of fruits or 100% fruit juices each day.

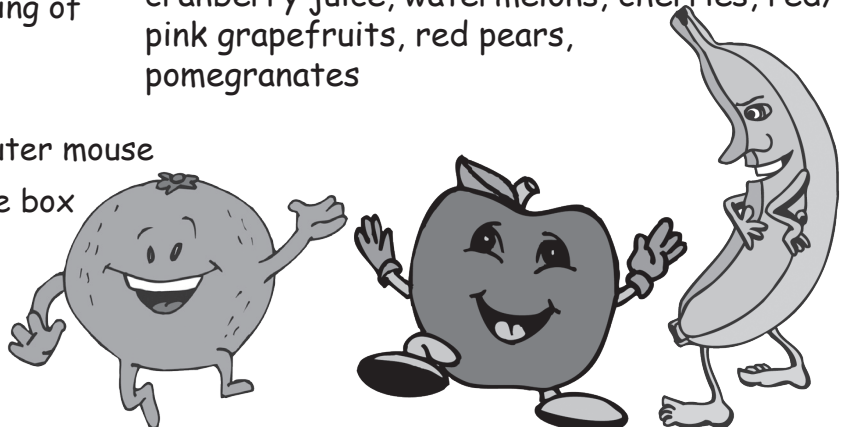
Blue/Purple Group: blueberries, purple grapes, purple grape juice, blackberries, purple plums, dried plums (prunes), raisins, elderberries

Green Group: green grapes, green pears, avocados, limes, kiwis, green apples, honeydew melon

White Group: bananas, white peaches, dates, brown pears, white nectarines

Yellow/Orange Group: oranges, orange juice, grapefruits, grapefruit juice, tangerines, lemons, peaches, apricots, cantaloupes, yellow apples, mangoes, nectarines, papayas, yellow pears, pineapples, persimmons, yellow watermelons

Red Group: red apples, strawberries, red raspberries, red grapes, cranberries, cranberry juice, watermelons, cherries, red/pink grapefruits, red pears, pomegranates



Parents and Kids,

Fruits contain nutrients that are helping our bodies stay healthy. It is important to eat lots of colors of fruits each week.

Use the list of fruits on this page to help you answer these questions.

What is your favorite YELLOW/ORANGE Fruit? _____

What is your favorite RED Fruit? _____

What is a BLUE/PURPLE fruit you would like to try? _____

- | | | | | |
|--------------|-------------|------------|-----------|-------------|
| apples | blueberries | lemons | oranges | plums |
| apricots | cranberries | limes | papayas | raisins |
| bananas | grapefruit | mangos | peaches | raspberries |
| blackberries | kiwifruit | nectarines | pineapple | tangerines |

Keep track of the fruits you eat tomorrow. Include fresh, frozen, canned or dried fruits and 100% fruit juice. List them on the chart. How many different colors are on your chart?

Breakfast

Lunch

Dinner

Snacks

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



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