

## Fresh Fruits & Vegetable Program Announcement

### Apple



What am I? I can be a Golden Delicious, Red Delicious, Fuji, Granny Smith, or many others. I am round and found in all shades of red, green, and yellow. I am a sweet and crunchy fruit, and filled with fiber to help your body digest. I grow on trees and you will see me whole or sliced in many school cafeterias. I am **Apple!** What other fruits are the same shape as an apple?



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### Strawberry

What am I? I am bright red, heart-shaped fruit with seeds on the outside and a green cap. I am a tender, sweet fruit packed with vitamin C. I am a member of the Fruit Group. I grow on a plant in a garden, a pot, or on a farm. California grows 83 percent of the crop in the United States. Every one, no matter the size, has about 200 seeds. Today's snack are **Strawberries!**

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### Raspberry

What am I? I come in four colors: red, purple, black, and gold. I am a sweet and juicy fruit, which provide vitamin C and fiber. I am a member of the Fruit Group. I am delicious in fruit smoothies, sprinkled on cereal, or topped on ice cream. My small hairs are called stiles. I am a **Raspberry!** What color is the raspberry you are eating today?

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### Blueberry

Today's snack are **blueberries!** Native Americans used to enjoy blueberries all year round. During the summer months, they would be eaten fresh. They would also dry them in the sun to be eaten during the winter, adding them into soups. Blueberries are full of antioxidants to protect your body. Can you describe the texture of the inside of a blueberry?

## Fresh Fruits & Vegetable Program Announcement



Peach



What am I? Some people call me Tree Fruit or Stone Fruit. I am round and the size of a baseball with yellow or cream skin. The inside is usually yellow. I am a sweet fruit and I provide vitamin C, vitamin A, fiber, and potassium. I am

**Peach!**

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Pear



What am I? I can be found in a variety of shapes, sizes and colors. Skin colors include green, golden yellow, and red. I have a sweet and juicy fruit, which provides fiber and vitamin C. I am a member of the Fruit Group. You can find me hanging out on the branch of a tree in a sunny garden or orchard. I am **Pear!** Can you describe the smell of a pear?

## Fresh Fruits & Vegetable Program Announcement

### Plum



Today's fresh fruit of the day is a **plum!** Did you know plums originated in China 4,000 years ago and were brought to the United States in 1840. Plums are a good source of vitamin C and full of other nutrients such as potassium, magnesium, and vitamin K. The skin of a plum is a different color than the inside, what colors are they?



## Fresh Fruits & Vegetable Program Announcement

### Cantaloupe

What am I? I am a member of the fruit group and round with a light-brown rind, thick skin, and orange flesh with seeds in the center. I am a very sweet fruit, which is loaded with vitamin A and vitamin C. I grow on vines in gardens and on farms. My seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California. I am **Cantaloupe!**