

Name _____ Date _____

Make a collage with lots of pictures of fruits and vegetables.

Fruits & Vegetables are rich in vitamins, mineral and fiber!

Vitamin C from fruits and vegetables is important for quick healing!

Vitamin A from vegetables and fruits is important for seeing!

Fiber from fruits and vegetables is important too!

Folate from vegetables and fruits is essential for growing and thinking!

Amazingly Great Ways To Blast Off with Fruit & Vegetables

You've heard it at least a million times—eat your fruits and veggies! They are packed with lots of good-for-you vitamins, minerals and fiber.

To look good and feel good, you need at least 2 servings of fruits and 3 of veggies) Yikes, you say? Calm down, a serving's kinda small!

A serving is just one apple, banana or orange, ½-cup of grapes, strawberries or canned peaches, or a small (6-ounce) glass of 100 percent juice. For veggies it's only one cup of salad or ½-cup of cooked stuff like corn or green beans.

Eating smaller bits of fruits and veggies throughout the day count toward your total. And you might be amazed at how fruits and veggies are in lots of other foods you eat (think vegetable soup or veggie-topped pizza, even)!

If your usual fruit and veggie selections seem ho-hum, try these amazingly great and tasty ways to Blast Off with fruit & vegetables today!

Pick out something funny sounding. Like kohlrabi...or cardoon...or carambola—the first two are veggies and the second one's a fruit! Go grocery shopping with your parents and ask them to buy the funniest sounding fruit or veggie you can find. Taste-test your treasures with your family when you get home.

Bite into a PBB, PBA, PBR or PBC sandwich. Replace the jelly and you get peanut butter with sliced bananas, sliced apples, raisins or shredded carrots.

Chill out with a frozen fruit bar.. Ask your parents to get the kind made with 100% fruit juice.

Create a different kind of crunch. Pile your sandwich with sliced cucumber, arugula, radishes, celery, red pepper or water chestnuts.

Order a pineapple-topped pizza. If fruity pizza's not your thing, load it with veggies like green peppers, mushroom, onions and tomatoes.

Escape with a frozen grape. Take some grapes off the stem, wash and dry them, put them in a bowl or a sealed plastic baggie and pop them into the freezer for an hour or so. A real cool treat!

Create a patriotic yogurt. Stir blueberries and chopped up strawberries into vanilla yogurt.

Mash up some color. Instead of regular mashed potatoes, ask Mom or Dad to make some mashed sweet potatoes. They're orange, smooth and oh-so-sweet!

These ideas were adapted from the bright papers @ <http://kidnetic.com/> - check it out!!



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu