



Take Charge of Your Health!

Name _____ Date _____

Today I tried:

(write down the names of at least five fruits you tried today)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My Favorite Fruit is a: _____

(draw a picture or write a poem about your favorite fruit or vegetable)

Describe the characteristics and any differences and similarities between 2 of the fruits you listed above.

Name of fruit		
Color of outside		
Color of inside		
Thickness of skin		
Texture of skin		
Scent and flavor		
Portability		