



# Fun With Food and Fitness

First-grade nutrition education newsletter

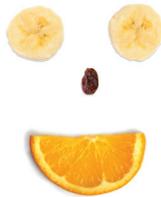
Lesson **5**

## Focus on fruits!

**F**ruits have many vitamins and minerals that help keep us healthy. Choose a variety of colors—orange, yellow, red, green, blue and purple. Fruit is fantastic fresh (in season), canned in light juice, frozen with no added sugar or dried.

Try these tips to help you and your child eat a variety of colorful fruits every day:

- Top off a bowl of cereal with berries.
- Make a smiley face with sliced bananas for eyes, raisins for a nose and an orange slice for a mouth.
- Carry an apple or orange with you for a snack.
- Try a new fruit each week for a month.



## What can you do to help your child choose a variety of fruits?

- Children learn by watching you. If you eat fruits, they will, too!
- Let your kids be “produce-pickers.” Help them pick fruits at the store.
- Go to [www.seasonalandsimple.info](http://www.seasonalandsimple.info) or download the free Seasonal and Simple app to find farmers markets near you and great recipe.
- Children love to be involved in preparing food. Make the recipe on the back of this newsletter together.



**Top off a bowl of cereal with berries**

**Want your kids to reach for a healthy snack? Make sure fruits are in reach. Have washed fruits in a bowl for easy snacking.**

## Kids in the Kitchen

*Your child gets to help by:*

- washing the fruits
- choosing the type of fruit for the fruit pops



## Keep your eyes peeled...

for ways to keep food safe. Whether you peel a fruit (or vegetable) or not, it is important to wash fruits and vegetables under running water.

### **Why wash a fruit (or vegetable) if it's going to be peeled anyway?**

The outside is not clean. It has dirt and germs from the outside and from being handled. When you touch the outside of the fruit (or vegetable),

the dirt and germs can spread to anything you touch, including the inside of the fruit or other food you are eating.

### **What's the No. 1 rule in food safety?**

Keep it clean! Wash your hands (and surfaces) before you handle or prepare food. And wash fresh fruits (and vegetables) before you eat them.

## Recipe

### Frozen Fruit Pops

#### **Ingredients:**

- Fresh, canned (in juice) or frozen fruit that has thawed

#### **Supplies:**

- Popsicle sticks
- Ice cube trays, small paper cups or frozen fruit pop molds

#### **Directions:**

1. Wash hands and surfaces.
2. If using fresh fruit, peel and remove the seeds. Cut fruit into chunks. Put the fruit into the blender and blend until smooth.
3. Pour blended fruit into ice cube trays, small paper cups or frozen fruit pop molds. Leave a little room for the juice to expand as it freezes.
4. Put popsicle sticks into juice when it is almost frozen, so that sticks will stay upright.
5. Let kids serve themselves when juice pops are frozen.



Funded in part by USDA SNAP.

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