



Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **4**

Focus on fruits!

Fruits 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 to 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.
- Pack 100 percent fruit juice in your child's lunch instead of sugary drinks like fruit drinks or soda pop.



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 your local farmers market to expose your child to new fruits. Find a farmers market at <http://agebb.missouri.edu/fmkt/dir/index.htm> or other Missouri local foods at <http://foodcircles.missouri.edu/sources.htm>.
- 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

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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
- picking the 100 percent fruit juice for the fruit pops

Recipe

Frozen Fruit Pops

Ingredients:

100 percent fruit juice, orange, apple, cranberry, any flavors you like

Supplies:

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

Directions:

1. Wash hands and surfaces.
2. Pour fruit juice into ice cube trays, small paper cups or frozen fruit pop molds. Leave a little room for the juice to expand as it freezes.
3. Put popsicle sticks into juice when it is almost frozen, so that sticks will stay upright.
4. Let kids serve themselves when juice pops are frozen.

Note: You can make frozen fruit pops with fruit juice only or you may add blended fresh fruit to them. To blend fresh fruit: Peel fresh fruit. Remove the seeds and cut into chunks. Put chunks and a little of the fruit juice into blender. Blend until smooth.



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 number one 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!

