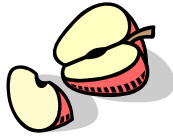


**Jr. Chef Club II**  
**Cooking with Colors II**  
**Focus on Fruits**  
**Lesson 6**



**Feel It... Smell It**  
**What Is It?**

**Bags 1, 2, 3, 4**

Without looking, smell the item in each bag. Write the name of the fruit on the line next to the number of the bag you're using. After you have guessed the fruit in each bag, draw a line from the fruit to the clue that best describes the fruit.

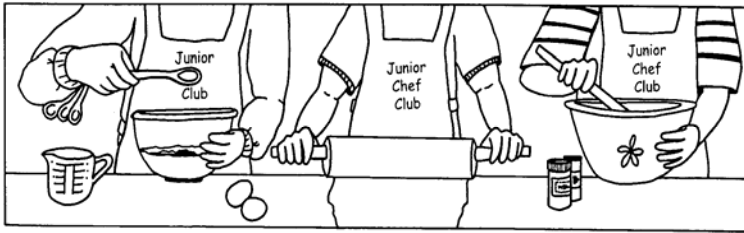
- |          |  |
|----------|--|
| 1. _____ | A. This fruit first came from China.   |
| 2. _____ | B. British sailors used these to prevent scurvy.                                 |
| 3. _____ | C. My juice is often used in cooking to keep other foods from turning brown.     |
| 4. _____ | D. Most people do not peel me, instead they cut me in half and eat with a spoon. |

What vitamin do fruits 1, 2, 3, and 4 all have in common? \_\_\_\_\_

**Bags A, B, C, D**

Without looking, touch the fruit in each bag. Write down the name of the fruit. Write your own clue for each fruit.

- |          |       |
|----------|-------|
| A. _____ | _____ |
|          | _____ |
| B. _____ | _____ |
|          | _____ |
| C. _____ | _____ |
|          | _____ |
| D. _____ | _____ |
|          | _____ |



**Jr. Chef Club II**  
**Cooking with Colors II**  
**Focus on Fruits**  
**Lesson 6**



**Daily Log**

**Aim for 1-1/2 to 2 Cups Each Day**

Directions: Write the name of the fruits you ate under the day you ate it.

Did you eat a fruit? Write the name of the fruit you ate beneath the day of the week you ate it.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
At breakfast?							
How much?							
Morning snack?							
How much?							
Lunch?							
How much?							
Afternoon Snack?							
How much?							
Dinner?							
How much?							
Dessert of after dinner?							
How much?							

**How did you do?** Did you eat enough fruit? Write a paragraph describing to your teacher a plan to eat the amount of fruit that you need. Use the back of the sheet if you need more room.

---



---



---

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.