



# “An Apple a Day Keeps the Doctor Away”

Eating an apple a day supplies our bodies with essential vitamins and minerals that keep us healthy. The fiber in apples helps to promote good digestion. Staying healthy and avoiding the doctor’s office definitely takes more than eating an apple a day, but eating apples, along with a variety of other fruits and vegetables, is a great start! What other things can you do to stay healthy?

## Awesome Apple Attributes

- Easy to carry for snacking
- A natural mouth freshener
- Inexpensive
- “Nature’s candy”
- Apples can be sweet, sour, tart, smooth, soft, crisp, or crunchy, depending on what variety you choose
- With so many varieties, everyone can find an apple to suite their tastes
- An apple holds a lot of water so you can quench your thirst while filling up on nutrients!



## MATH CHALLENGE

There are so many different apple varieties throughout the world that you could eat a different apple every day for over 20 years and never eat the same kind twice. How many apples would you eat in 20 years if you ate one every day?

Answer:

$365 \text{ days/year} \times 20 \text{ years} = 7,300 \text{ apples!}$

There are 7,500 varieties of apples worldwide; 2,500 of those are grown in the U.S. Apples can grow in 36 states. The top apple growers are Washington, New York, Michigan, Pennsylvania, and California. Unfortunately, Florida’s hot climate is not good for growing apples.



# Broccoli!



Broccoli is a “super vegetable” that is loaded with fiber, vitamins, and minerals! It provides your body with lots of vitamin C, K, and A, which all help your immune system fight off illness and disease. Vitamin A also helps with eye health.



Broccoli grows best during the cool months of the year and is grown in Florida between October and May. The part of the plant that we eat is actually the flowering head, but we harvest it before it blooms. Broccoli can grow in many states throughout the U.S., but California produces most of the broccoli sold in the stores.

What cooking method causes a significant loss of important nutrients found in broccoli?

- a. Microwaving
- b. Boiling
- c. Steaming
- d. Stir-frying

Answer: b. Boiling broccoli causes a lot of the nutrients to leech out into the water. Try steaming, microwaving, or stir-frying your broccoli to make sure you get all of broccoli’s great nutrients.



Eating raw broccoli is the best way to get all the nutrients from it that you can. Chop up fresh broccoli and dip it in a light salad dressing for a nutritious snack!

# Carrots



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**Fun Fact:** Carrots were not originally orange. Hundreds of years ago, carrots only came in yellow, red, white, purple, and black!

## Eating Carrots!



Carrots are generally available year-round, but are in peak season and most flavorful in July, October, and November.



Carrots aren't just good for your eyes...  
Excellent source of beta-carotene  
(Vitamin A)  
Good source of fiber

Cut into sticks and coins for dipping and eating.  
Shred and add to a salad.



Boil, steam, sauté, or bake with other vegetables.  
Add to soups and stews.  
Bake with carrots to make muffins, breads, and cakes!





# Celery!

“Celery raw, develops the jaw, but celery stewed, is more quietly chewed.”  
~Ogden Nash



Celery can grow in many areas but a majority of the celery grown in the U.S. comes from California (60%) and Florida (20%). Florida's celery growing season is from November to June.



## Why Celery Can't Be Beat!

Low in calories and high in fiber  
Provides many essential vitamins and minerals  
Great cooking vegetable because of its slightly salty flavor, nice crispy texture, and ability to pick up the flavors of the spices it is cooked with

## Ways to Prepare Celery

Cut up celery sticks for a fresh, crunchy snack  
Chop into small pieces and add to soup or sauces  
Sauté with other vegetables and serve over rice  
Make Ants on a Log!



## Creating Ants on a Log!

Cut celery into sticks (with adult supervision)  
Spread peanut butter down middle of celery stalk  
Place raisins on top of peanut butter  
Eat and enjoy!

# Cucumbers!

Cucumbers are a crunchy, refreshing snack. They provide many vitamins and minerals, and their skin is full of fiber. Cucumbers are made up of about 95% water so they can help to hydrate your body.

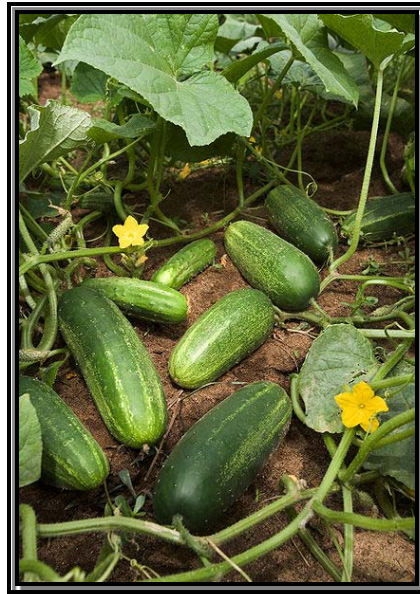


Cucumbers grow from a creeping vine that grows up trellises or across the ground. The plants have large leaves that form a canopy over the cucumber to shade it from the sun.

Cucumbers originated in India 3,000 years ago but are now grown in many places around the world. Florida is the top cucumber producer in the U.S. with growing seasons from March through May and November through December.

## Eating Cucumbers!

- Slice up and dip in a light salad dressing or hummus
- Add slices to a sandwich
- Chop up and throw into a salad
- Make into pickles!



# Grapes



## Fun Facts:

Grapes are considered berries.  
There is an average of 100 grapes per bunch.  
A grape vine can grow up to 50 feet or more!



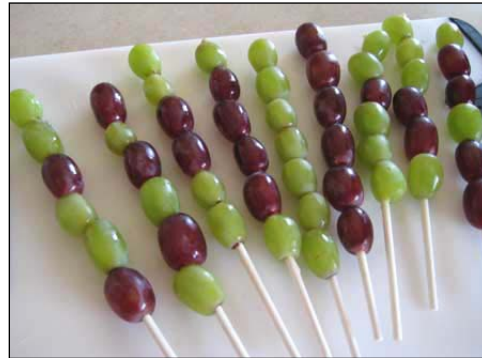
There are 17 major varieties of table grapes -- 99% of which are grown in California! The peak season for growing grapes in California is May through January.



**Grape Goodness...**  
High in antioxidants  
Low in calories  
Fat-free; Sodium-free

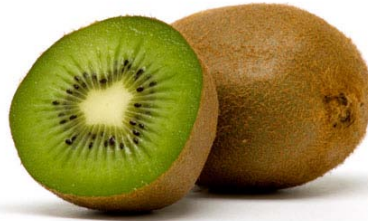
## Snack Ideas:

- Pierce with skewers and freeze for a cool snack
- Mix with a low-fat yogurt
- Top a salad with grapes



- Eat with cheese for a salty-sweet snack!
- Dip in peanut butter
- Simply wash and eat for a quick snack

# Kiwi



## How did the Kiwi get its Name?



The small, fuzzy fruit has had many names throughout its life but the name “kiwifruit” was given to it by New Zealand growers because the fruit resembled the brown flightless kiwi birds.



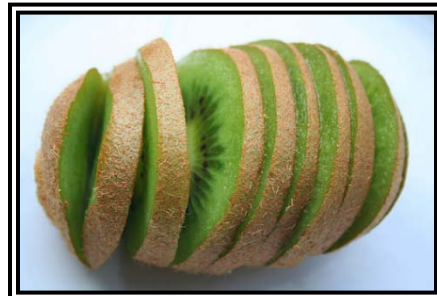
New Zealand is the world's second largest producer of kiwis, following Italy. Other countries that grow a lot of kiwis are Chile, France, Greece, and Japan.



## Kiwifruit is a Nutrition All-Star!

Kiwi provides good sources of:

- Vitamin C
- Potassium
- Vitamin E
- Omega-3 fatty acids from the edible seeds!
- Fiber in the fruit and edible skin!



# Oranges!



Oranges are a good source of **fiber** which helps keep our digestive tract healthy.

Oranges make a quick, easy, and **delicious** snack. Its tough skin makes it a great grab-n-go snack. Sometimes that skin can make it hard to open so slicing it in fours can help.

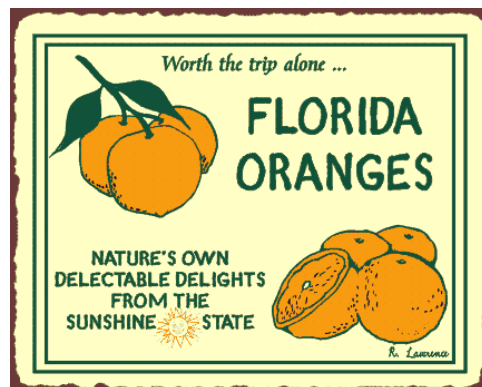


Have **fun** with the leftover peel by giving yourself orange peel teeth!

Oranges are citrus fruits and are high in **vitamin C** which is an antioxidant. Antioxidants can keep us healthy by fighting off infection and disease.



Oranges are the most commonly grown tree fruit in the **world!**



**Florida is the #1** grower of oranges in the U.S. and is #2 in the world, following Brazil.



# Pears

98% of U.S. pears are produced in the Pacific Northwestern states including Washington, Oregon, and California. Peak season for pears is October through May.

When buying pears that you want to eat immediately, pick pears that give slightly to pressure. You can also buy harder, unripe pears and let them ripen at home.

## Powerful Pears...

- Excellent source of fiber
- Good source of potassium
- Cholesterol-free



## Snack Ideas:

- Roast or stew pears for a warm, sweet treat!
- Make a pear salad
- Eat with cottage cheese
- Slice and sprinkle with cinnamon
- Bake into breads or muffins





# Plums



Most plums that are grown in the U.S. are grown in California (96%) from May thru November, but they are also grown in Idaho in August and September. Plums found in the wintertime are mostly imported from Chile.

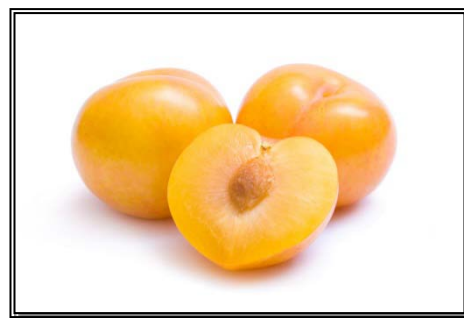
## Ways to prepare and eat plums:

- Chop and mix into a salad.
- Stew or poach plums for a sweet treat.
- Eat with fat-free yogurt or frozen yogurt.
- Bake into a bread.
- Slice and freeze for a cool snack on a hot day.
- Carry with you as a portable snack.



## Plums are as good as they taste...

- High in vitamin C
- Good source of vitamin A and fiber
- Sodium-free; cholesterol-free



# Strawberries!



## Delicious and Nutritious!

Strawberries are a sweet treat that provides your body with lots of nutrients. Strawberries are great sources of:

- Vitamin C
- Potassium
- Antioxidants called "*Flavonoids*"
- Fiber



The United States is the largest strawberry-producing country in the world. Strawberries are *indigenous* to most of the northern hemisphere and are grown in family gardens in all 50 states! Florida's strawberry growing season is October through June.

## Strawberry: the *Versatile* Fruit

Strawberries can be used in so many delicious and fun ways! Here are just a few ideas:

- Cut up and add to spinach salad
- Add to cereal or low-fat yogurt
- Put in pancakes or waffles
- Make a strawberry smoothie
- Make strawberry jam!
- Sprinkle with a little sugar for dessert



## Strawberry Sheet Vocabulary:

Flavonoids: A food chemical that helps to limit oxidative damage to the body's cells and protects against heart disease and cancer

Indigenous: Native to or occurring naturally in a specified area or environment

Versatile: Capable of being used in a variety of ways



# Summer Squash

## Fun Fact:

"Squash" comes from the Narragansett Native American word *askutasquash*, which means "eaten raw or uncooked."



Summer squash (sometimes called zucchini) is great for cooking or snacking. The colorful skin should not be discarded because it contains many valuable nutrients.



## Super Summer Squash

Squash is a good source of:

- Phosphorus
- Calcium
- Vitamin C
- Vitamin A
- Potassium

Growing Summer Squash  
Squash is a hardy vegetable that grows easily in most places. Florida's growing season is from September through June.



## Ideas for Meals and Snacks

- Slice up the squash and dip in a light salad dressing
- Toss chopped squash into soups, salads, and sauces
- Sauté the squash with other vegetables and serve over rice or pasta
- Make zucchini bread!