

# Facts Page

Let these fruit group facts help enhance your lesson.

## Why should we eat fruit?

- To keep our gums healthy, and to help our bodies heal cuts.
- For fiber, to keep our digestive tracts healthy.
- For important vitamins and minerals, especially vitamins A, C and potassium.
- Because they are naturally sweet and delicious!

The Fruit Group is a separate group from the Vegetable Group, though we need to eat BOTH fruits and vegetables for good health every day.

## How much fruit should we eat?

Young children need the same nutrients as adults, but in different amounts. Children 4-8 years old should eat at least 1 $\frac{1}{2}$  cups of fruit every day. Here are some examples of what counts as a cup of fruit for children.

- 1 small apple
- 1 large banana or peach
- 1/2 cup dried fruit

## Fun Fact: What is Ugli Fruit? (You may want to include this in a fruit "Show and Tell")

The ugli fruit was discovered in the 1900's on the tropical island of Jamaica. It is a cross between two more familiar fruits—the mandarin orange and the grapefruit. The ugli fruit got its name from its loose fitting skin and spotted light green to yellow color. Though it may not be pretty, the inside is tasty and good for us – it is full of vitamin C and fiber.

## Wash Before You Bite!

Fresh fruit is easy to eat for meals and snacks. To be healthy and safe, we need to always wash fruit before we eat it to remove any dirt or sprays.

## What are the steps? Show as you go....

1. Give each child a fruit to wash.
2. Show how to correctly wash fruit – rinse very well, but don't use soap.
3. Let each child take a turn washing their fruit.

from Wisconsin Nutrition Education Program Youth Curriculum Sourcebook, 1999.

