

NAME: _____

DATE: _____



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HEALTHY TOPIC: FRUITS

Diagram illustrating the seasonal clock of fruits:

- WINTER:** Snowflake icon. Fruits shown: KIWI, ORANGE, PINEAPPLE.
- FALL:** Leaf icon. Fruits shown: PEAR, GRAPES, APPLE.
- SPRING:** Flower icon. Fruits shown: STRAWBERRY, AVOCADO, PINEAPPLE.
- SUMMER:** Sun icon. Fruits shown: WATERMELON, BLUEBERRIES, BANANA.

HEALTHY TIP:

THIS IS A SEASONAL CLOCK OF FRUITS. IF YOU CHOOSE TO EAT THE FRUIT AT THE RIGHT TIME, IT WILL BE THE YUMMIEST! REMEMBER: ALL FRESH FRUITS ARE GO FOODS, ENJOY 4 HANDFULS OF THEM EVERY DAY!

PRODUCE ACTIVITY:

- Fill the names of the fruits in the blanks
- Use color pencils to fill the colors of the fruits
- Circle one fruit you like the best in each season and describe how it tastes.