

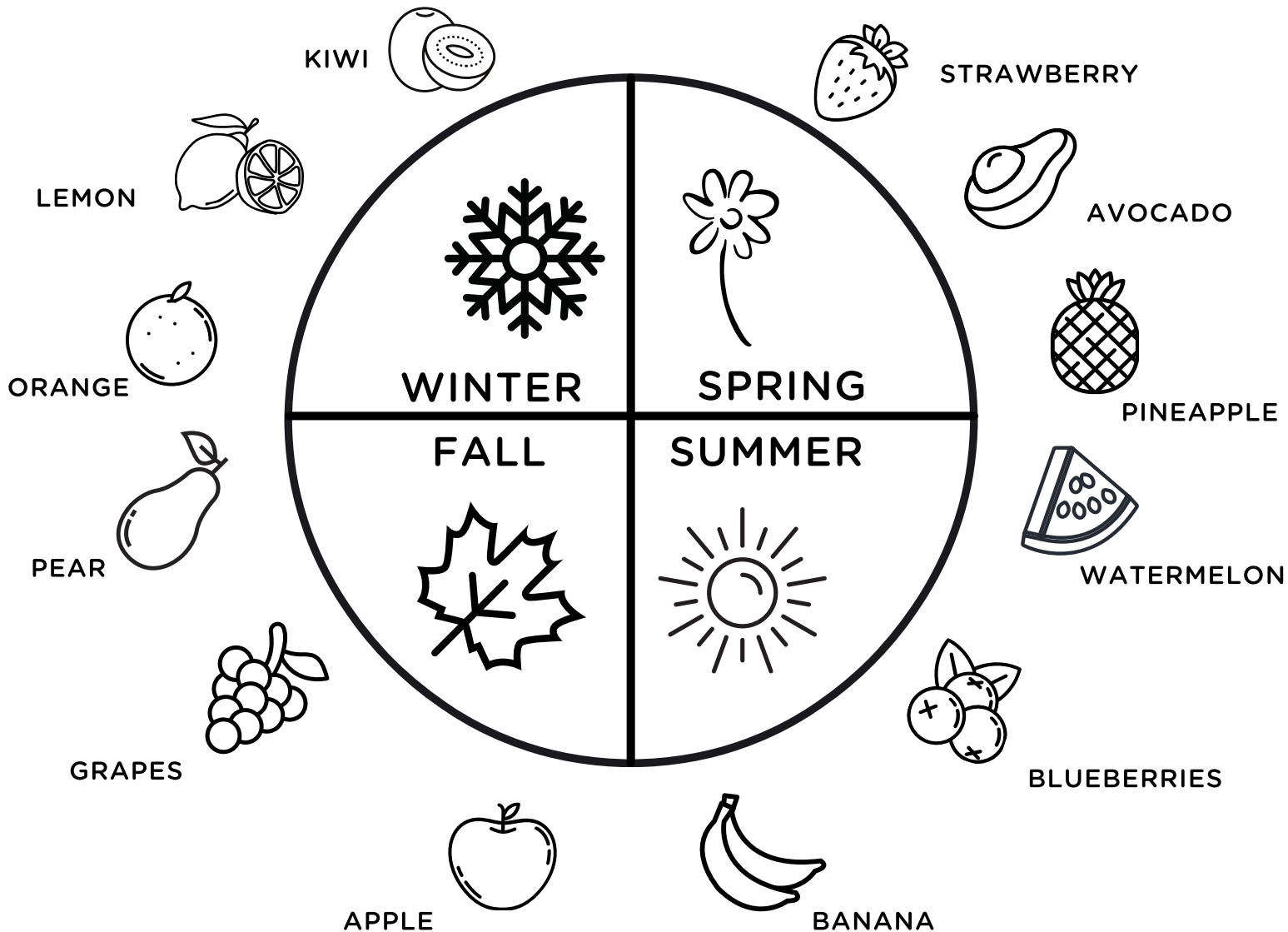
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# HEALTHY TOPIC: FRUITS



### 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:

- Use color pencils to fill the colors of the fruits
- Circle one fruit you like the best in each season.