

5 A DAY AND APPLES

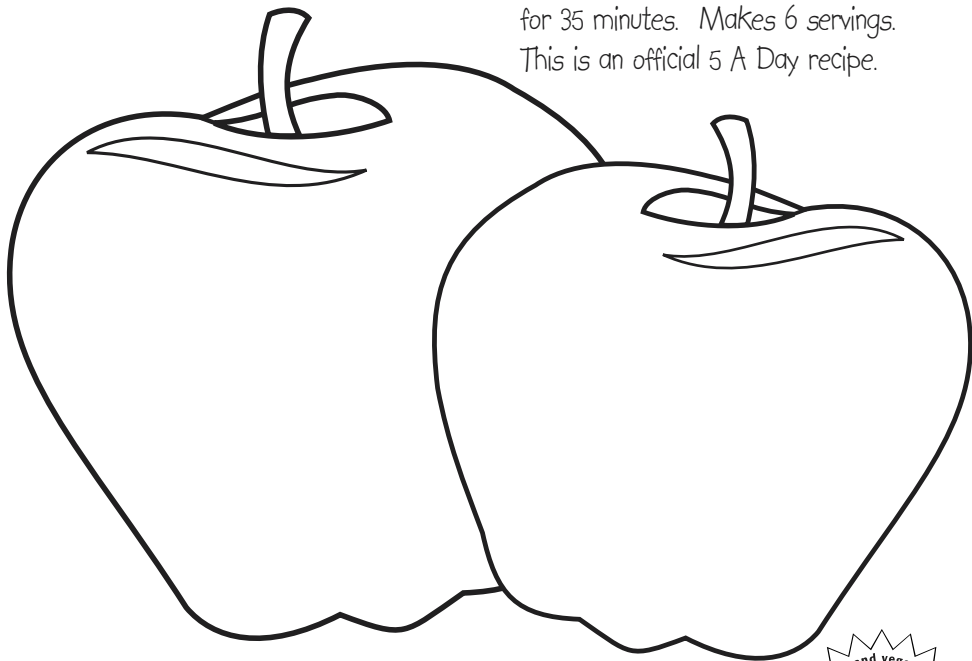
KIDS ACTIVITY SHEET

Try this fun & easy recipe

APPLE CRUMB

- 6 medium apples, peeled & cored
- 1 1/2 cups dry rolled oats
- 2/3 cup brown sugar, unpacked
- 1/2 cup all-purpose flour
- 4 tbsps. unsalted butter
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 tbsps. orange juice

With the help of an adult, preheat oven to 375°. Lightly butter an 8" baking pan. Slice apples and place in pan. In a bowl blend oats, brown sugar, flour, butter, cinnamon, and nutmeg until it forms a coarse meal. Crumble the mixture evenly over apple slices and sprinkle with the juice. Bake for 35 minutes. Makes 6 servings. This is an official 5 A Day recipe.



Produce for Better Health
Foundation

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WHAT IS A SERVING?

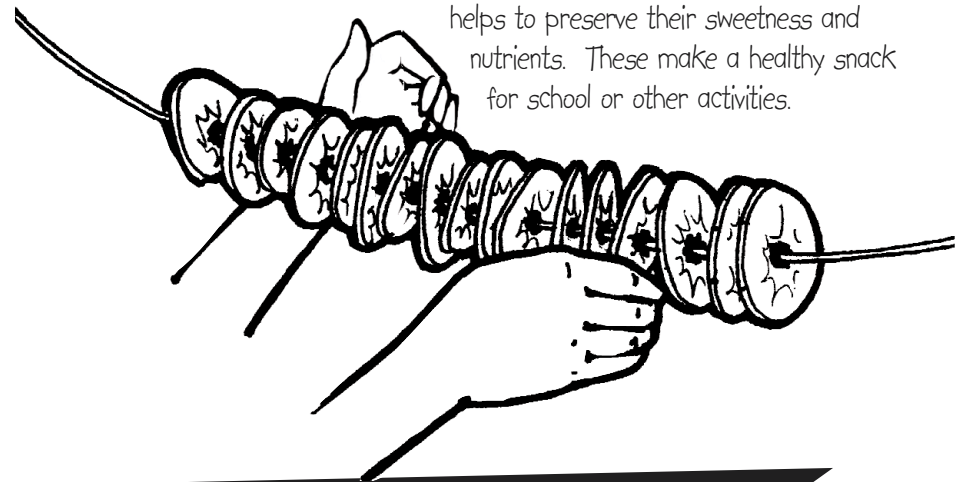
A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit
1/2 cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables
1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

APPLE RINGS

You will need:

- 4 apples
- 1 tsp. lemon juice
- 3 tbsps. water
- sturdy thread or twine

With the help of an adult, core and slice apples into rings about 1/8" thick. Mix the lemon juice and water in a shallow dish. To prevent discoloring, dip each ring into the lemon-water mixture. String fruit through center of each ring and hang in a dry, warm place. The rings will take about two weeks to dry. When dry, the rings will have a chewy texture. Drying apples helps to preserve their sweetness and nutrients. These make a healthy snack for school or other activities.



Eat 5 or more servings of fruits and vegetables
a day for better health

**FOR MORE FUN FOR KIDS,
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