

# 5 A DAY AND BLUEBERRIES

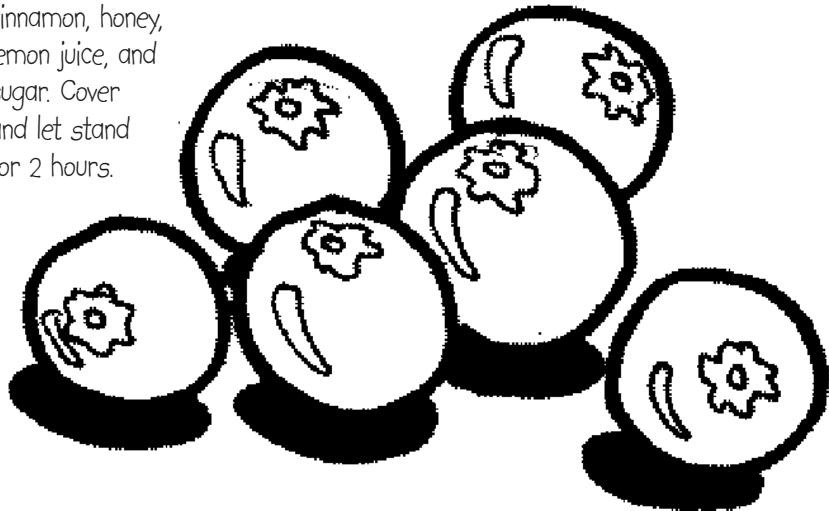
## KIDS ACTIVITY SHEET

### Try this fun & easy recipe **BLUEBERRY SYRUP**

6 cups fresh blueberries, washed  
 1/4 tsp. ground ginger or 2 tbsps.  
 fresh ginger, minced  
 1/2 tsp. cinnamon  
 2 tbsps. honey  
 1 tbsp. lemon juice  
 1/4 cup sugar

Place blueberries and ginger in a food processor and coarsely chop with the help of an adult. Transfer to a bowl and stir in cinnamon, honey, lemon juice, and sugar. Cover and let stand for 2 hours.

Place blueberry mixture in a large saucepan over medium heat and bring to a boil. Simmer for 5 minutes. Strain. Pour syrup into a pint jar. Cover and store in refrigerator for up to 1 month. Pour over pancakes or add a bit to a glass of lemonade. Makes 6 servings (2 cups total). This is an official 5 A Day recipe.



Produce for Better Health  
 Foundation

302 235 ADAY



# 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

1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables ■ 1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

## A VERY BERRY SCRAMBLE

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rabrybckle \_\_\_\_\_

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ANSWERS: raspberry, blackberry, strawberry, blueberry, boysenberry, cranberry, gooseberry, mulberry

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

**FOR MORE FUN FOR KIDS,  
 GO TO WWW.5ADAY.COM**