

5 A DAY AND MANGOS

KIDS ACTIVITY SHEET

Try this fun & easy recipe

MANGO MANIA SMOOTHIE

2 cups mixed berries, fresh or frozen
(or bananas)

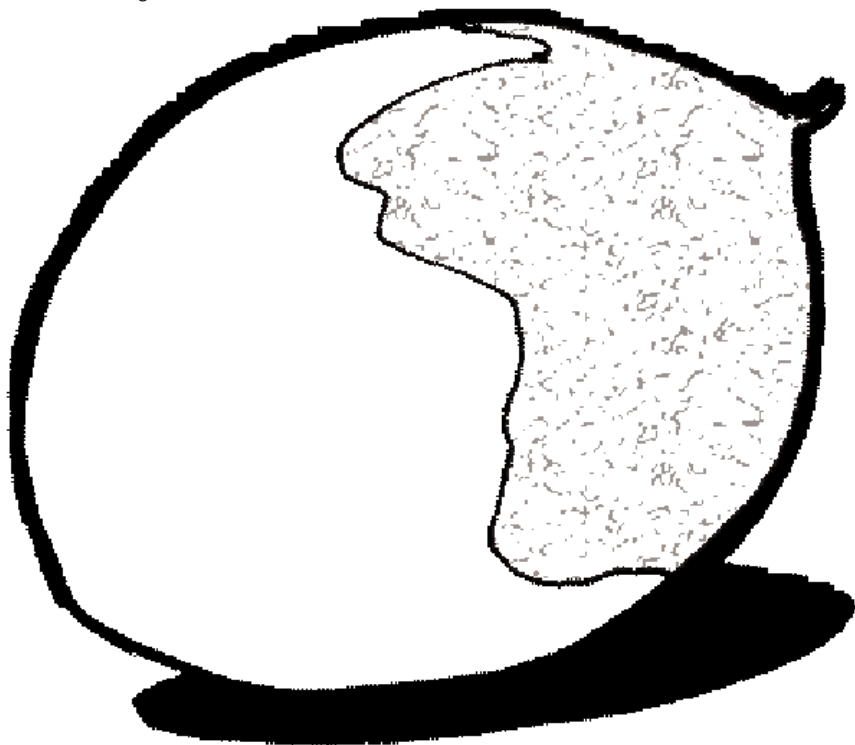
1 cup mango, peeled, pitted, and diced

1 cup ice cubes

1/2 cup low-fat milk

3 tbsps. sugar

Mix all ingredients in a blender until smooth. Pour into glasses. Makes 4 servings. 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

MANGO MANIA MYSTERY

M _____ (animal that hangs around)

A _____ (teacher's favorite fruit)

N _____ (corn husker's state)

G _____ (a jammin' topping for toast)

O _____ (fruit whose color and name are the same)

M _____ (a fungus you can eat)

A _____ (a zoo for fish)

N _____ (squirrels love them)

I _____ (another name for July 4th)

A _____ (reading, writing & _____)

ANSWERS: Monkey, Apple, Nebraska, Grape, Orange, Mushroom, Aquarium, Nuts, Independence Day, Arithmetic

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

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