

5 A DAY AND PEACHES

KIDS ACTIVITY SHEET

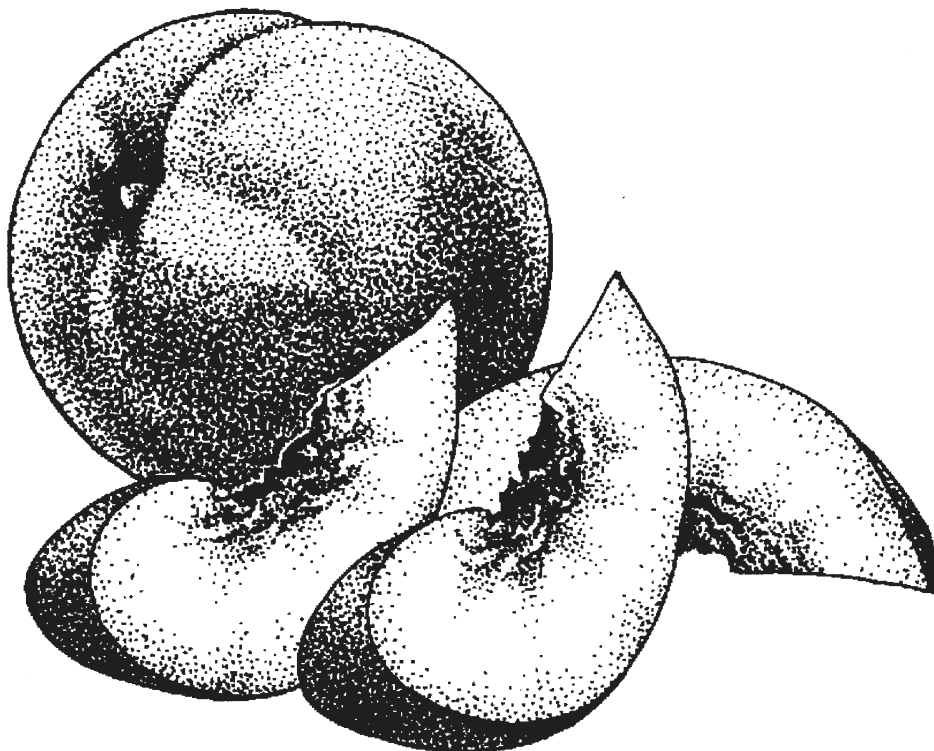
Try this fun & easy recipe

PEACH FLURRY

4 cups lowfat milk
6 cups peaches, sliced

Freeze milk in ice-cube trays. Place frozen milk and peaches in the blender and blend on high until thoroughly mixed. Makes 8 delicious 1-cup servings.

This is an official 5 A Day recipe.



Produce for Better Health[®]
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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 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

5 A DAY CROSSWORD PUZZLE

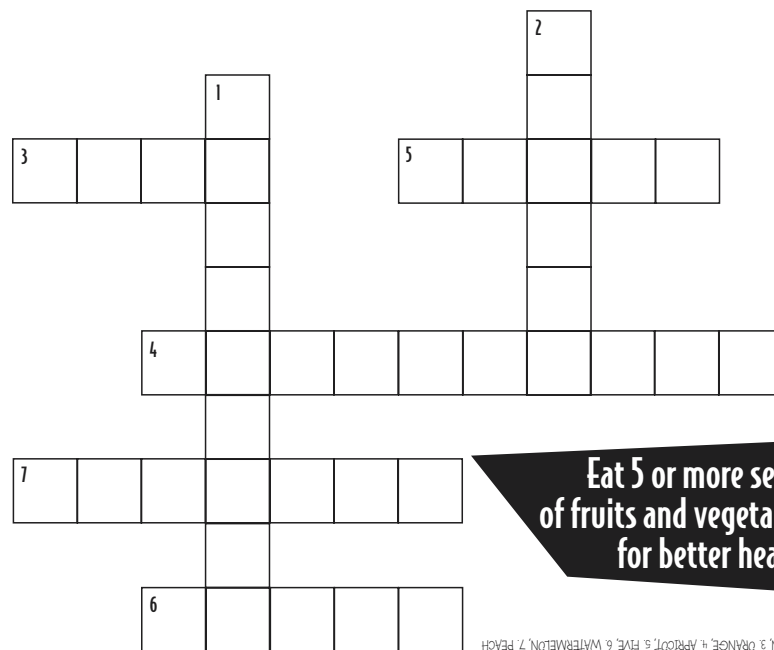
Read the clues and write the answers in the appropriate boxes.

Down:

1. This tree fruit rhymes with submarine.
2. This citrus fruit has the same name as its color.

Across:

3. This is the number of fruits and vegetable servings you should eat a day.
4. This fruit is green on the outside and pink inside with lots of seeds.
5. This tree fruit is fuzzy.
6. This citrus fruit is good for making lemonade.
7. This little tree fruit is good when dried.



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

ANSWERS: 1. NECTARINE, 2. LEMON, 3. ORANGE, 4. APRICOT, 5. FIVE, 6. WATERMELON, 7. PEACH

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