

5 A DAY AND PEARS

KIDS ACTIVITY SHEET

Try this fun & easy recipe

MAKE A PEAR FACE

1 large pear
Lettuce leaves
Nonfat plain or your favorite flavored yogurt
Various fruits, vegetables, or nuts

Cut a large pear in half. Lay the pear halves cut side up on a "bed" of lettuce. Spread yogurt on the flat side of the pear and decorate into fruit faces. Be creative and use raisins, carrot slices, and any other fruits,

vegetables, or nuts to make faces. Here are some suggestions to get you started:

Eyes - raisins, blueberries, nuts, sunflower seeds; Eyebrows and eyelashes - dill, chives; Hair - parsley, shredded carrots; Mouth - cherry, strawberry, red pepper.

Makes one serving.

This is an official 5 A Day recipe.



Produce for Better Health
Foundation

302 235 A DAY



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

5 A DAY MYSTERIES

a	b	c	d	e	f	g	h	i	j	k	l	m
26	25	24	23	22	21	20	19	18	17	16	15	14
n	o	p	q	r	s	t	u	v	w	x	y	z
13	12	11	10	9	8	7	6	5	4	3	2	1

(Match the number with the missing letter.)

I am a fruit that is long and yellow. What am I?

_____ a _____ a _____ a
 25 13 13

Before I became a box of raisins, I was a bunch of...

_____ 9 _____ 26 _____ 11 _____ 22 _____ 8

I am juicy and yellow on the inside. I am a fruit, but not an apple, but I have "apple" in my name. What am I?

_____ 11 _____ 18 _____ 13 _____ 22 a p p l e

When there is one of me, I sound like two. What am I?

_____ 11 _____ 22 _____ 26 _____ 9

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

KEY
Pear
Pineapple
Grapes
Banana

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