

5 A DAY AND KIWI FRUIT

KIDS ACTIVITY SHEET

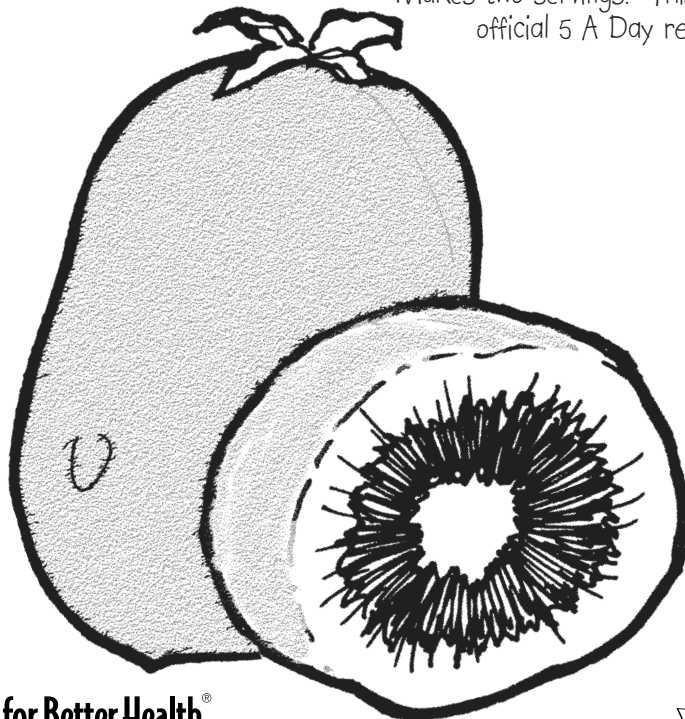
Try this fun & easy recipe

GREEN MACHINE MILKSHAKE

- 1 cup (about 3 kiwi) ripe, kiwifruit, peeled and sliced
- 1/2 cup 1% or less milk
- 1 tbsp. fresh lemon juice
- 2 large scoops lime sherbet

With the help of an adult, combine the kiwifruit pieces, milk, and lemon juice in a blender. Cover and blend on high speed for 10 seconds. Add the lime sherbet and blend on low speed until thick and smooth. Pour into tall glasses and serve immediately.

Makes two 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 ■ 1/4 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

FRUIT SCRAMBLE

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ANSWERS: 1. apricot, 2. apple, 3. banana, 4. blueberries, 5. cherries, 6. plum, 7. date, 8. fig, 9. grapefruit, 10. grape, 11. pear, 12. kiwifruit, 13. prune, 14. orange, 15. lime, 16. raspberry

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

**FOR MORE FUN FOR KIDS,
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