

Getting to Know Fruit

1. Bring in a variety of different whole fruits for youth to examine. Pass around and allow youth to touch and smell the fruit. As they are looking at each fruit discuss where it comes from (vine, bush, tree etc) talk about how they eat these types of fruits at home.

2. Allow children to sample some fruits that they may not have tried before (kiwi, cumquats, avocado, blood oranges, etc.)

3. Talk about importance of fruit in the diet

- **Good source of vitamins A and C**
- **Raw fruit is good for dental health**
- **Low in calories**
- **Part of the 4 food groups**

4. Make applewiches

- **Core apples, slice into rings**
- **Dip in orange or pineapple juice**
- **Spread on peanut butter**
- **serve**