

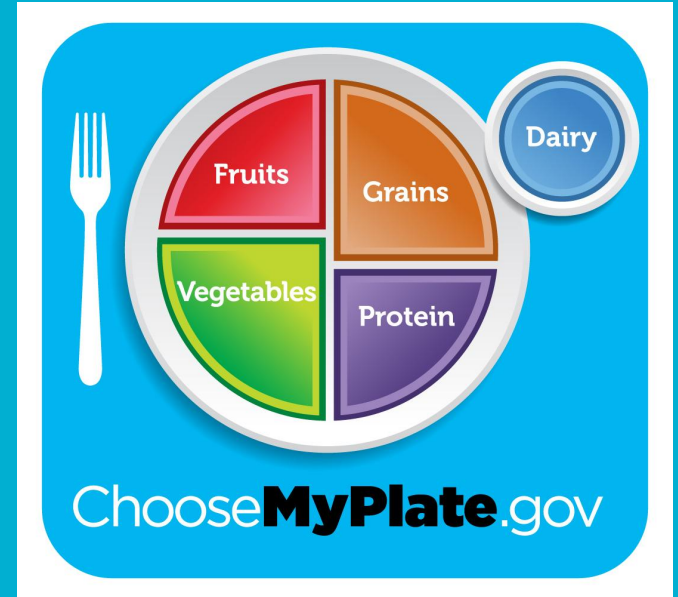
# Fruit Food Group

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Wellness and Leadership

# Learning Target

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I can identify how to determine the healthiest fruits to eat.

# Examples of Fruits

## Fruits in English



APPLES



BANANA



ORANGE



PEACH



PINEAPPLE



MANGO



PEAR



TANGERINE



AVOCADO



WATERMELON



BERRIES



CHERRIES



MELON



LEMON



STRAWBERRY



GRAPES



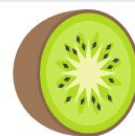
COCONUT



FIG



PLUM



KIWIFRUIT

# Facts about Fruit

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- Fresh, canned, frozen or dried
- 1 ½ - 2 cups per day
- [Fruit Quiz](#)

# Benefits of eating fruit

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- Read the above article and fill in as many health benefits fruit offers (@ least 5)

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Name 4 of your favorite fruits to eat

- 1.
- 2.
- 3.
- 4.

# Review

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1. [Digital Cookbook](#): time to work on this
2. [Fruit Cooking Lab](#) → Try to prepare a fruit dish this week and write at least 3 sentences about what you made and how it went.

Write about your experience here: (3 sentences)