

MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Apples

Did you know?

- October is National Apple Month!
- One medium apple contains only 70 calories and is a good source of fiber and Vitamin C!
- The peel of an apple contains a good source of fiber and antioxidants.

Fun Fact!

Apple production is most successful in the High Plains region close to Lubbock.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for apples that are firm without damage.
- Store apples in the refrigerator for up to six weeks.
- Wash apples well before use.
- Avoid apples that lack color or have shriveled skin.

Peach Apple Crisp

20 ounces canned, sliced peaches, packed in light syrup, drained

2 apples, peeled, sliced

½ teaspoon vanilla

¼ teaspoon ground cinnamon

½ cup flour

¼ cup brown sugar, packed

3 tablespoons soft margarine, chilled

Wash hands and work area before cooking. Preheat oven to 350 degrees. Spray large casserole dish with cooking spray. Combine peaches, apples, vanilla, and cinnamon in a bowl. Mix and spread evenly in large casserole dish. Next, combine flour and sugar in small bowl. Cut in margarine until the mixture looks like coarse meal. Sprinkle flour mixture evenly over fruit.

Bake until lightly browned and bubbly, about 30 minutes.

Preparation Time: 15 minutes

Cook Time: 30 minutes

Serves: 8

Nutrition Facts per serving:

Calories: 164

Total Fat: 3 g

Cholesterol: 0 mg

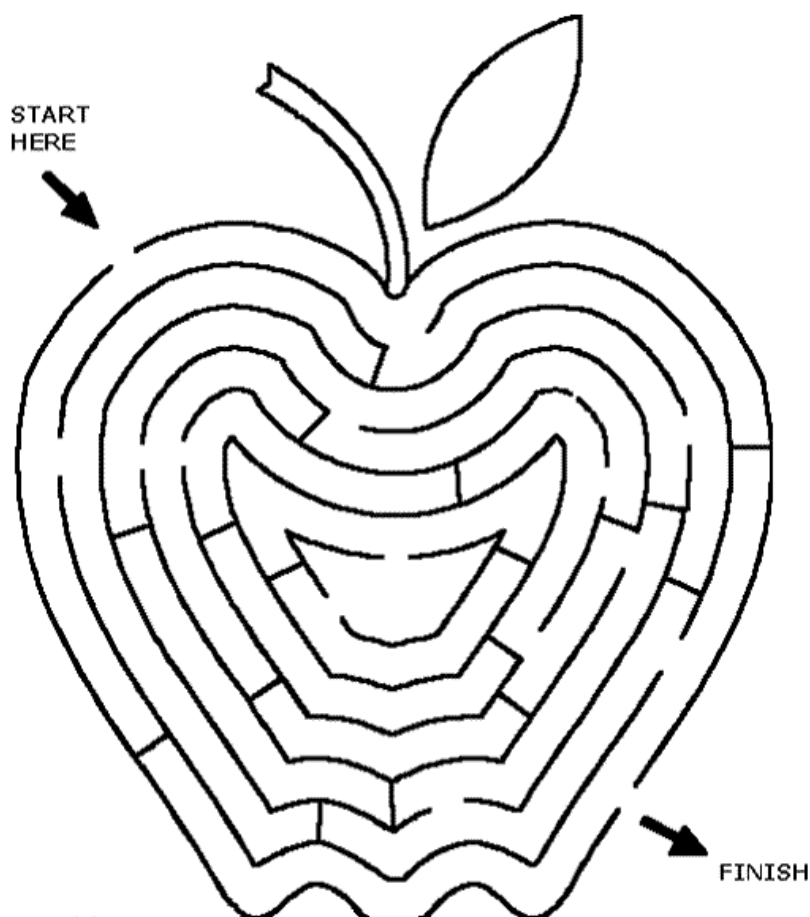
Sodium: 47 mg

Total Carbohydrate: 33 g

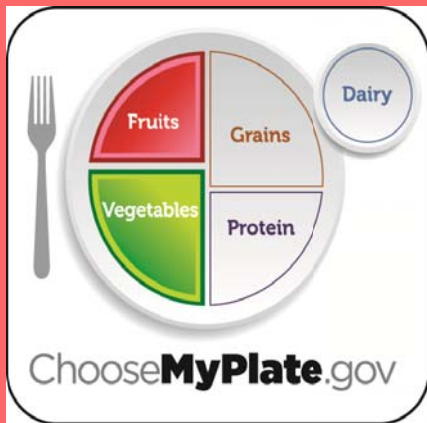
Protein: 2 g

<http://healthyliving.tamu.edu>

Find your way through the maze!



<http://appacadabra.com/>



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Apricots

Did you know?

- Apricots are at their best in July.
- Three medium apricots contain 70 calories and are an excellent source of Vitamin A.
- Apricots are available fresh, canned, dried, or frozen.

Fun Fact!

Apricots were first discovered growing wild on a mountain slope in China!

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for apricots that are plump and juicy with a golden-orange color.
- Store apricots at room temperature until ripe then in the refrigerator for 3-5 days.
- Wash apricots well before use.
- Avoid dull-looking, soft, or pale-colored apricots.

Savory Fresh Apricot Bites

4 ounces softened cream cheese

12 fresh apricots, halved

½ cup finely chopped pistachios

Wash and work area before cooking. Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

Preparation Time: 15 minutes

Cook Time: 0 minutes

Calories: 81

Total Fat: 6g

Cholesterol: 10mg

Sodium: 27mg

Total Carbohydrate: 6g

Protein: 2g

<http://healthymeals.nal.usda.gov/>

Solve the crossword puzzle below:

P N Q T K O T Y A O D J U I A
E E C W W I M P Q H P S B C B
A C Q S U H R I N A Q W S I C
R T L R J I O B O G L C L Y O
K A F I C X V I E X C F N T W
N R H O M N J W N P X Z J V D
Z I T M M E M M U S A P C E I
D N N U X F F I R R V R N Z E
J E Z O Y A Q E P Q M V G D L
D C C O C L J B A T P Z N N S
R M S A H F C P S W P W P I C
K I W I R Q I H E F J X M H O
E B O D A C O V A I H R V S F
Y F I M A L J J T K J Y L I S
C Z A X V W G T V S L C C B L

APRICOT

LIME

NECTARINE

AVOCADO

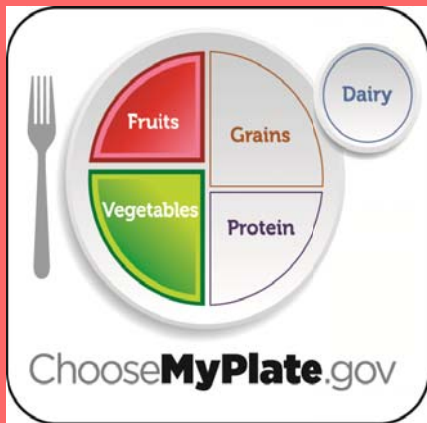
PEAR

GRAPE

FRUIT

KIWI

PRUNE



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Bananas

Did you know?

- On average, an American eats 28 pounds of bananas each year!
- Bananas were brought to America by Spanish explorers in the 1500's.
- Bananas are a good source of potassium which helps with muscle function.

Fun Fact!

Banana trees are not actually trees. They are a giant herb.

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for bananas that are bright yellow with brown specks for the best eating quality.
- Store ripe bananas in the refrigerator for up to two weeks.
- Avoid bananas that are bruised.
- Bananas that are mainly green are not yet ripe, but will ripen within a few days.

Monkey Snacks

6 cups bananas, peeled, sliced
1 cup water
2 tablespoons soft margarine
¼ teaspoon nutmeg
1 tablespoon cinnamon

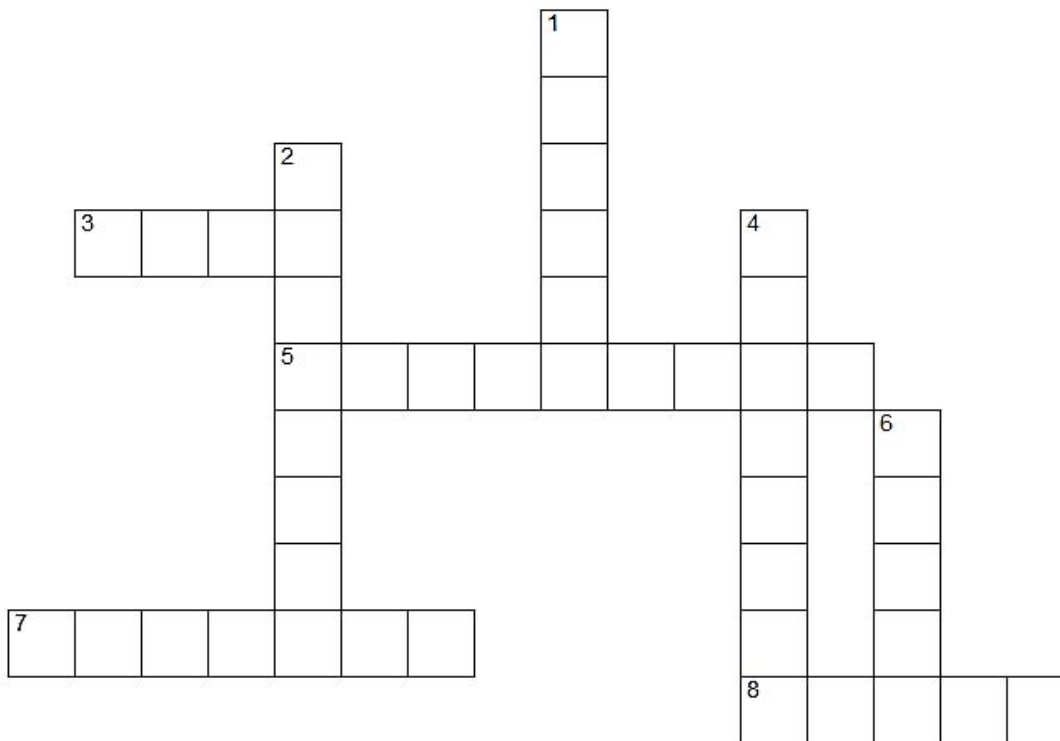
Wash hands and work area before cooking. Preheat oven to 350°F. Bring water to a boil. Remove from heat and stir in margarine, nutmeg, and cinnamon. Peel and slice bananas. Place in casserole dish. Drizzle sauce over bananas. Bake in oven 12 minutes. Serve warm with graham crackers.

Preparation Time: 10 minutes
Cook Time: 12 minutes
Serves: 12
Yield: ½ cup per serving

Calories: 86
Total Fat: 2g
Cholesterol: 0mg
Sodium: 26mg
Total Carbohydrate: 18g
Protein: 1g

<http://healthymeals.nal.usda.gov>

Complete the crossword puzzle!



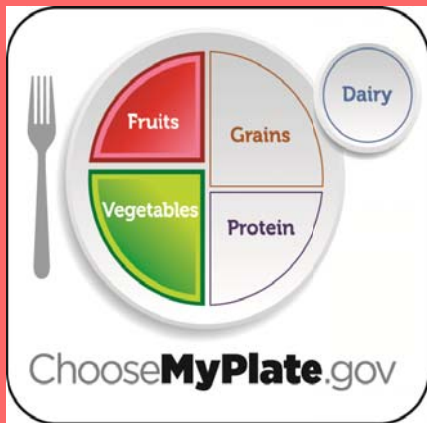
ACROSS

- 3 Bananas grow _____-round
5 Bananas are a good source of this
7 Bananas are the most _____ fruit sold in the U.S
8 An unripe banana is this color

DOWN

- 1 The average American eats 28 _____ of bananas every year
2 Bananas are a _____ fruit
4 Dropping or squeezing a banana can cause...
6 Unlike a(an) _____, you must peel a banana before eating it

Answers: 1) pounds 2) tropical 3) year 4) bruising
5) potassium 6) apple 7) popular 8) green



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Blackberries

Did you know?

- Blackberries are an excellent source of vitamin C and fiber.
- The blackberry is an aggregate fruit that is composed of many smaller fruits called drupes.
- Blackberry season typically lasts from late summer through fall.

Fun Fact!

The leaves of blackberries were once used to dye hair black.

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose blackberries that are shiny and not bruised or leaking.
- Refrigerate blackberries for 3-6 days.
- Wash blackberries before using or eating.
- Look for black and shiny blackberries to ensure ripeness.

Fruit Skewers with Yogurt Dip

1 cup strawberries, rinsed, stems removed, and cut in half

1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)

½ cup blackberries

1 tangerine or clementine, peeled and cut into 8 segments

8 6-inch wooden skewers

For dip:

1 cup strawberries, rinsed, stems removed, and cut in half

¼ cup fat-free plain yogurt

⅛ teaspoon vanilla extract

1 tablespoon honey

Wash hands and work area before cooking. Thread two strawberry halves, two pineapple chunks, two

blackberries, and one tangerine segment on each skewer. To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well. Serve two skewers with yogurt dip on the side.

Preparation Time: 15 minutes

Cook Time: 0 minutes

Yield: 4 servings

Calories: 71

Total Fat: 0g

Cholesterol: 0mg

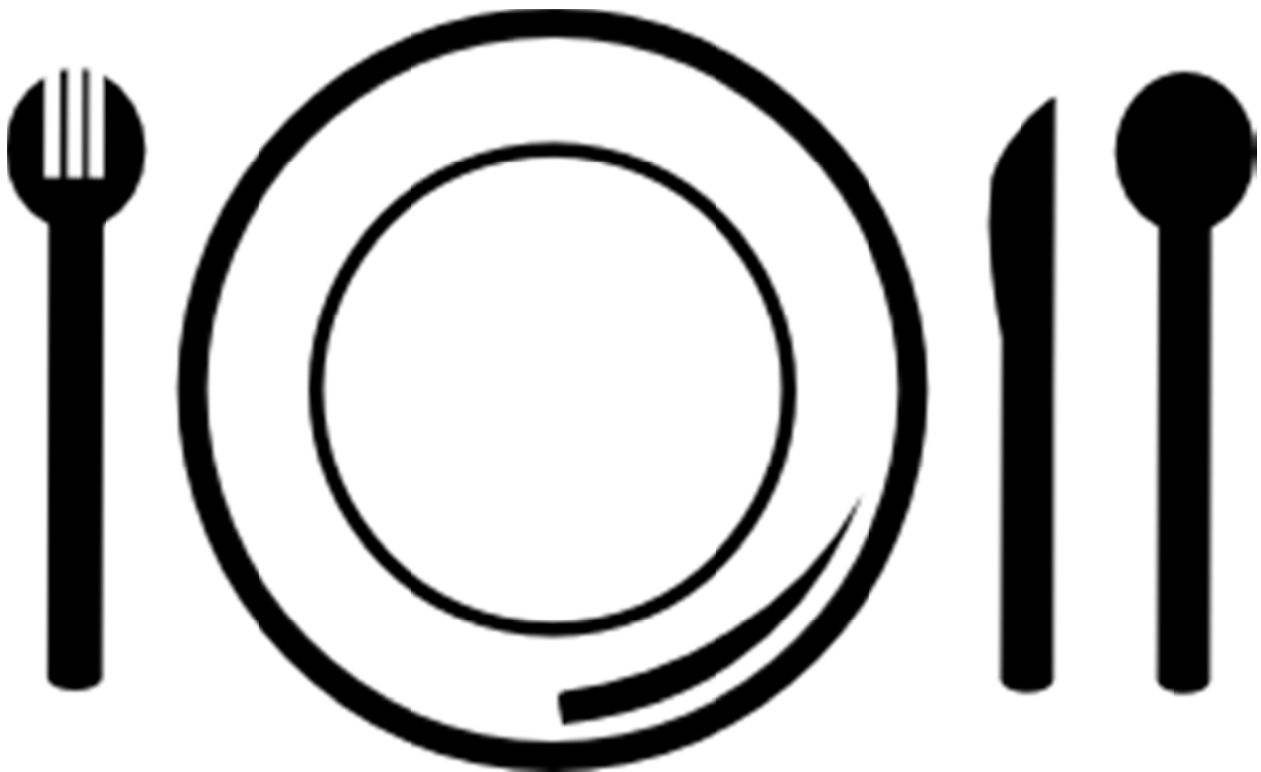
Sodium: 10mg

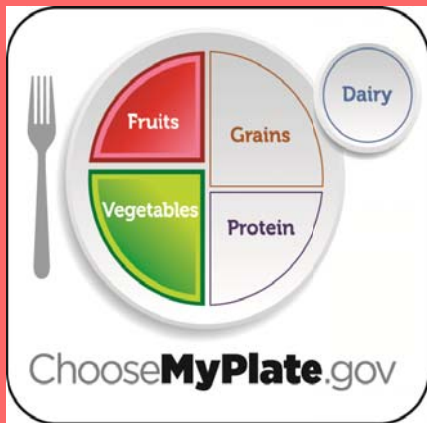
Total Carbohydrate: 18g

Protein: 1g

<https://healthyeating.nhlbi.nih.gov>

Fill the plate below with drawings of your favorite fruits and vegetables.





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<http://www.choosemyplate.gov/>

Blueberries

Did you know?

- Blueberries are high in vitamin C, dietary fiber, and antioxidants.
- Blueberries are best grown in East Texas.
- Blueberries are available year-round.

Fun Fact!

Blueberries grow on bushes that can grow to 12 feet tall!

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose firm, plump, dry blueberries with dusty blue color and uniform in size.
- Store blueberries in the refrigerator for 10-14 days.
- Avoid blueberries that are soft, shriveled or have signs of mold.
- When buying frozen blueberries, they should feel loose in the bag.

Fresh Blueberry Cobbler

½ cup sugar
1 tablespoon sugar
2 tablespoons cornstarch
1 ½ teaspoons baking powder
3 cups fresh blueberries
3 tablespoons vegetable oil
1 teaspoon lemon juice
½ cup low-fat milk
1 cup flour

Wash hands and work area before cooking. Coat a 9"x 9" glass baking dish with non-stick cooking spray. In a medium saucepan combine ½ cup sugar, cornstarch, blueberries, and lemon juice. Bring mixture to a boil, stirring continuously for one minute. Pour blueberry mixture into the 9x9 baking dish, cover with foil to keep warm and set aside. Combine flour, remaining 1 Tablespoon of sugar and baking powder

in a medium mixing bowl. Add oil and milk and blend together until a dough forms. Evenly drop 9 spoonfuls of dough onto the fruit mixture. Bake at 400⁰ F for 25 to 35 minutes or until biscuit topping is golden brown. Serve warm.

Preparation Time: 20 minutes

Cook Time: 30 minutes

Serves: 9 portions (3"x 3" piece each)

Calories: 176

Total Fat: 5 g

Cholesterol: 1 mg

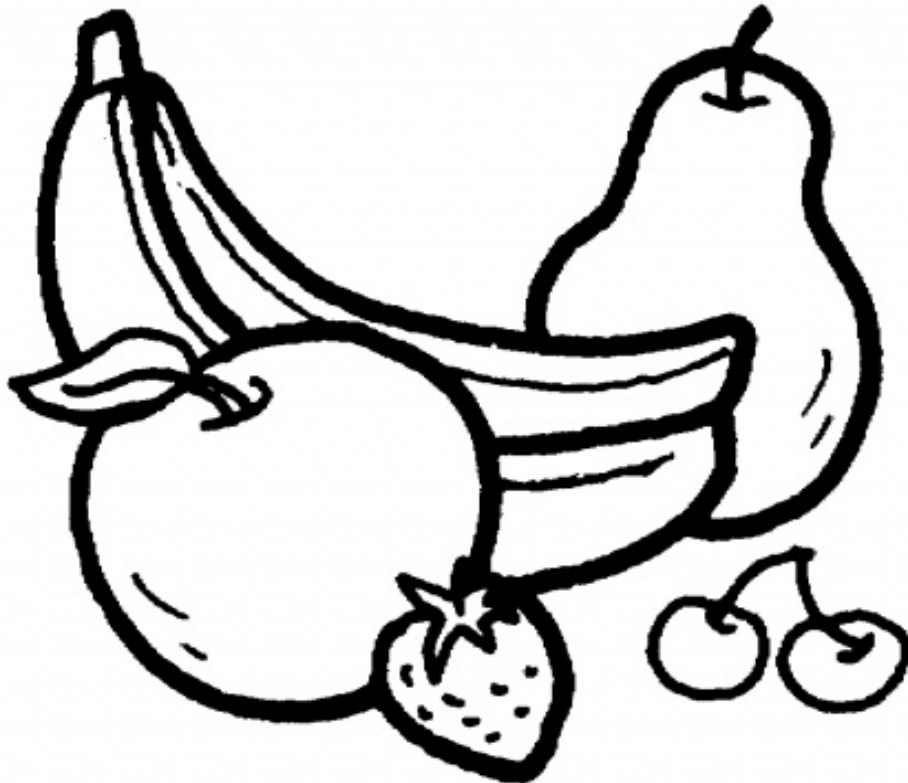
Sodium: 9 mg

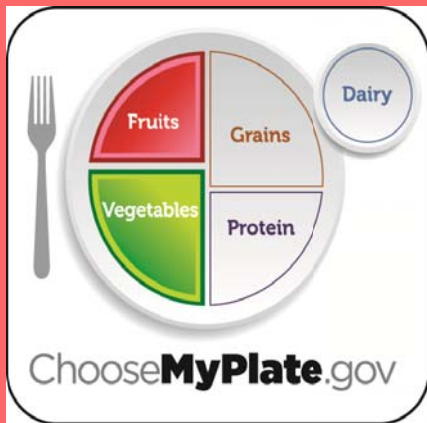
Total Carbohydrate: 31 g

Protein: 2 g

<http://healthyliving.tamu.edu>

Color and label all the fruit





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Cantaloupe

Did you know?

- Cantaloupes are high in vitamin A and vitamin C.
- Cantaloupe is the most popular melon in the United States!
- The cantaloupe arrived in America with Christopher Columbus during his expedition.

Fun Fact!

Texas ranks third in cantaloupe production in the United States.

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<http://www.fightbac.org/>

What am I looking for?

- Choose cantaloupes that are symmetrical and have no visible bruising.
- Pick cantaloupes that have a strong, sweet smell.
- Look for cantaloupes with noticeable ridges on the outside.
- Select cantaloupes that are free of bruising.

Dessert Fruit Kabobs

1 cup plain low-fat yogurt
1 tablespoon fresh lime juice
1 tablespoon honey
1 teaspoon chopped fresh cilantro
2 cups strawberries
1 ½ cups cubed cantaloupe
1 ½ cups cubed honeydew
8 metal skewers or bamboo skewers soaked in water

Wash your hands and clean your cooking area. In a small mixing bowl, stir the yogurt, lime juice, honey and cilantro together. Transfer the yogurt mixture to a small serving dish. Add fruit to skewers and cover and refrigerate until ready to serve.

Preparation Time: 10 minutes

Chill Time: 10 minutes

Serves: 4

Nutrition Facts per serving:

Calories: 130

Total Fat: 1 g

Cholesterol: 5 mg

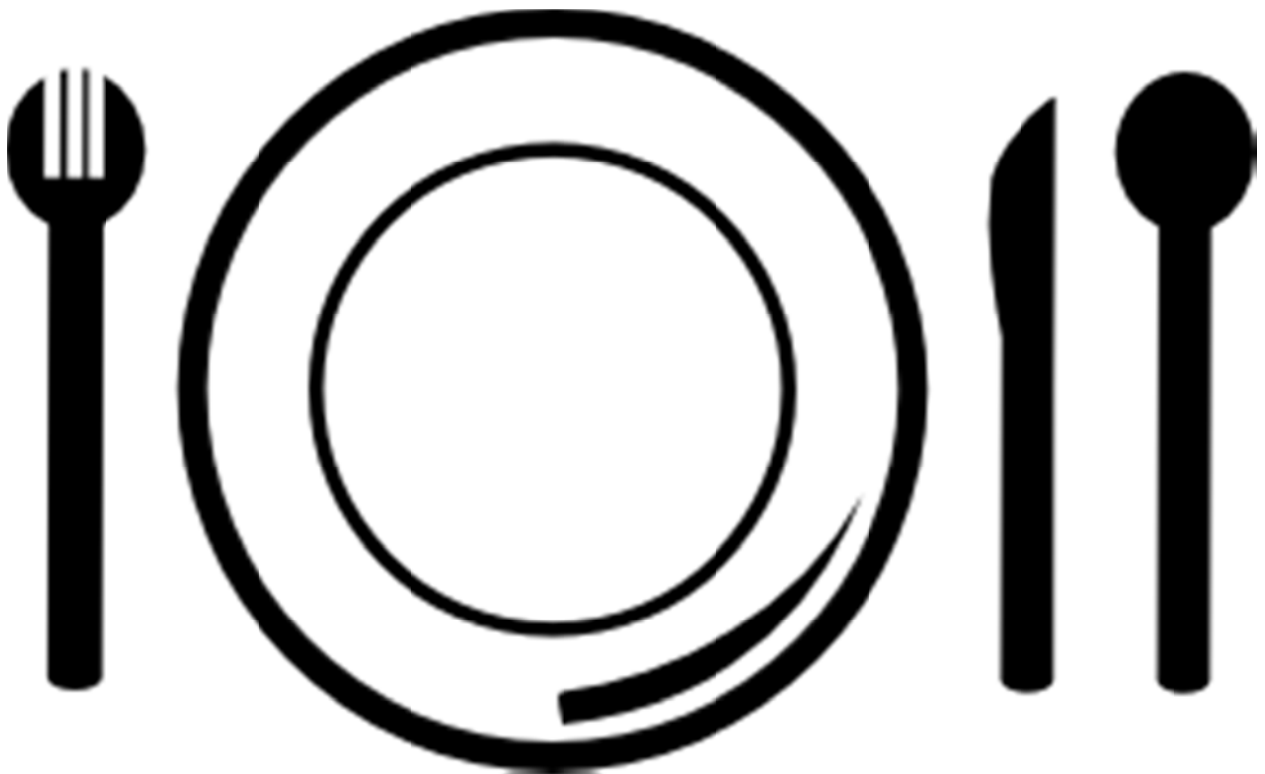
Sodium: 70 mg

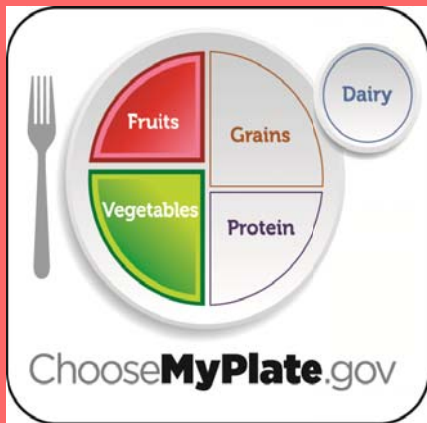
Total Carbohydrate: 27 g

Protein: 5 g

<http://www.fruitsandveggiesmorematters.org>

Fill the plate below with drawings of your favorite fruits and vegetables.





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Cherries

Did you know?

- Cherries are grouped according to taste into sweet and sour types.
- Cherries are available mid-June to mid-August with a peak season nationally in June.
- Cherries are good sources of vitamins A and C, potassium, manganese, and copper.

Fun Fact!

Traverse City, Michigan is the cherry capital of the world.

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Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- A dark color is the best indicator of good flavor and maturity.
- Cherry skin should be firm and not bruised.
- Fresh looking stems designate healthy cherries.
- Soft appearing and brown discoloration are signs of decay.

Cherry Pineapple Delight

2 cups boiling water
1 package gelatin (8 serving size, cherry, sugar-free)
½ teaspoon cinnamon
22 ounce can pineapple chunks, in juice, not drained
22 ounce can mandarin orange, in juice, drained
16 large ice cubes

Wash hands and work area before cooking. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 ½ cups. Add the gelatin mixture and stir until the ice is completely melted. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white). Reserve ¼ cup each of the

pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 ½ quart serving bowl. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.

Preparation Time: 5 ½ hours
Serves: 12

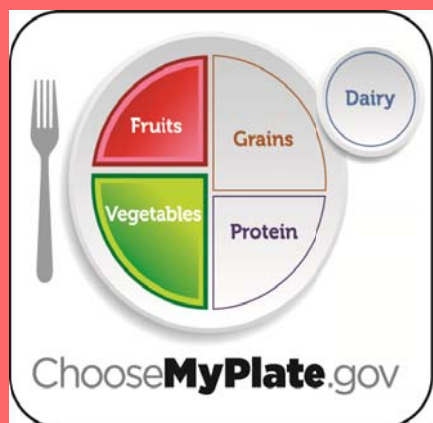
Calories: 45
Total Fat: 0g
Cholesterol: 0mg
Sodium: 50mg
Total Carbohydrate: 10g
Protein: 1g

<http://recipefinder.nal.usda.gov>

Complete the word search!

C	H	B	D	V	N	G	I	D	U	P	I	L	S	K
S	E	E	H	E	B	E	T	B	R	P	A	W	E	Q
X	T	E	Q	R	E	I	P	C	Y	R	P	H	I	Y
N	Q	R	H	A	Y	Y	L	Y	Z	N	R	J	R	K
F	I	C	A	A	J	Y	I	R	Z	H	I	Y	R	Y
C	S	K	H	W	U	X	M	R	G	L	C	A	E	Y
S	L	A	P	B	B	M	E	E	B	Y	O	M	B	B
S	Q	B	M	M	Q	E	S	H	A	A	T	M	N	R
D	V	S	Q	U	U	Q	R	C	N	V	S	A	A	Y
I	E	T	R	F	Q	P	X	R	I	R	B	N	R	I
M	X	V	R	M	K	N	T	W	I	S	A	G	C	I
M	L	U	O	F	A	C	N	Z	O	E	K	O	L	N
P	I	E	D	L	U	X	G	Z	R	H	S	E	E	M
T	E	C	S	O	F	X	Q	B	A	F	B	O	J	L
G	M	J	Z	E	P	U	O	L	A	T	N	A	C	S

APRICOTS
CANTALOUPE
CHERRY
CRANBERRIES
FRUIT
KIWI
LIMES
MANGO
PUMPKIN
STRAWBERRIES



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Cranberries

Did you know?

- Cranberries are used as ingredients in over 1,000 food and beverage products.
- Cranberries contain good sources of vitamins A and C.
- Cranberries are healthy for the heart.

Fun Fact!

Early settlers referred to the tiny red berry as a “craneberry” because the flower and its stem resembled the neck, head and bill of a crane!

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Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Cranberries that are ripe will bounce.
- Look for cranberries that are shiny and firm.
- Avoid those that are shriveled or have brown spots.
- Refrigerate cranberries for up to 2 months or freeze for future use.

Apple Cranberry Salad Toss

1 head of lettuce
2 medium apples, sliced
½ cup chopped walnuts
1 cup dried cranberries
½ cup sliced green onion
¾ cups vinaigrette dressing

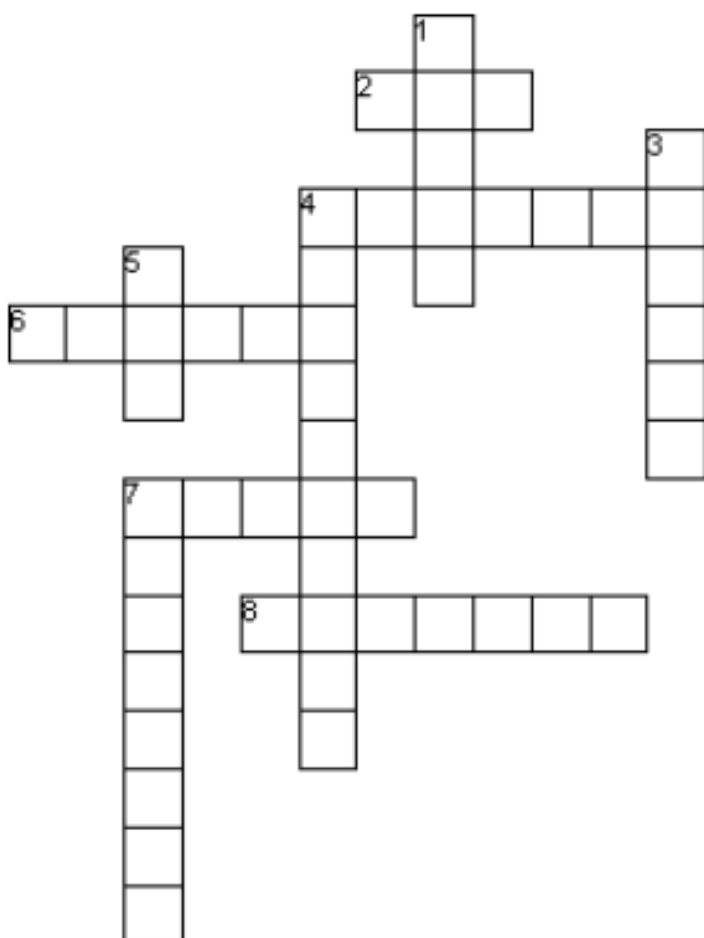
Toss lettuce, apple, walnuts, cranberries, and onions in large bowl. Add dressing; toss to coat. Serve immediately.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 8

Calories: 140
Total Fat: 5g
Cholesterol: 0mg
Sodium: 10mg
Total Carbohydrate: 24g
Protein: 2g

<http://recipefinder.nal.usda.gov>

Complete the crossword puzzle!



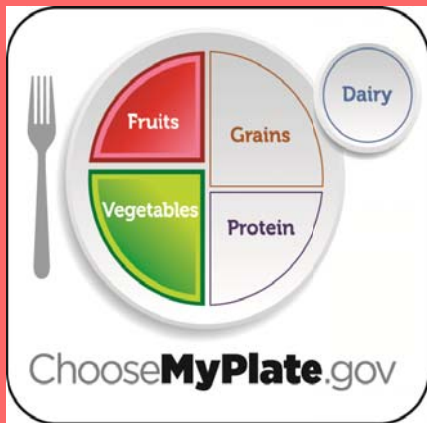
Across:

2. Run and chase your friends when you are “it” in this game.
4. Ride this two-wheeler up a hill for an extra exercise boost!
6. Perfect for kids who enjoy competition and teamwork.
7. Number of minutes you should spend being active each day.
8. Two-legged transportation that can get you lots of places!

Down:

1. Hip-hop, jazz, and ballet are just a few ways you can do this activity.
3. A break from classwork when you are at school. Make the most of it by playing ACTIVE games.
4. Jump, shoot, and dunk your way to fitness.
5. This four-legged friend would love to take YOU for a walk.
7. This fun activity will leave you soaked.

1) dance 2) tag 3) recess 4a) bicycle 4d) dog 5) sports 6) sports 7a) swimming 8) walking



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Grapefruit

Did you know?

- Grapefruit is one of the highest fiber fruits with 6 grams per serving.
- Grapefruit is best grown in the Rio Grande Valley area.
- Half of a grapefruit has the total amount of vitamin C your body needs in one day.

Fun Fact!

Jamaicans coined the term grapefruit because they grew in bunches like grapes.

FIGHTBAC!

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Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Firm, symmetrically shaped grapefruits have the best flavor.
- Choose grapefruits with thin, smooth skin.
- Soft, discolored areas indicate decay which affects flavor.
- Store grapefruits at room temperature for one week or under refrigeration for two to three weeks.

Citrus Salad

For salad:

- 1 grapefruit, peeled
- 1 orange, peeled
- 10 cups fresh greens (lettuce)
- 1 small red onion, sliced thin

For dressing:

- 2 tablespoons cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- ¼ teaspoon black pepper
- ¼ teaspoon cumin

remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Preparation Time: 15 minutes

Serves: 8

Nutrition Facts per serving:

Calories: 60

Total Fat: 2g

Cholesterol: 0mg

Sodium: 25mg

Total Carbohydrate: 10g

Protein: 1g

Wash and work area before cooking. Cut fruit into bite size pieces. Toss with lettuce and onion. Mix

<http://recipefinder.nal.usda.gov>

Unscramble the misspelled fruits:

1. apocenutal

2. lapep

3. pera

4. eoerltawnm

5. engora

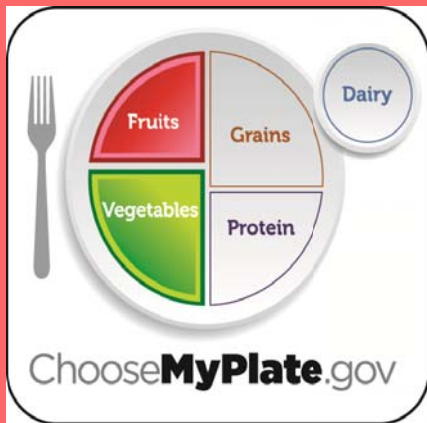
6. breyberlu

7. eenhdwyo

8. echap

9. tgipreufra

1) cantaloupe 2) apple 3) pear 4) watermelon 5) orange
6) blueberry 7) honeydew 8) peach 9) grapefruit



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Grapes

Did you know?

- Grapes are one of the oldest fruits grown. Their existence traces back as far as biblical times.
- Grapes are a good source of potassium, fiber, and vitamin C.
- Grapes come in more than 50 varieties with the most popular being American and European.

Fun Fact!

Grapes are often referred to as “nature’s candy” because of their sweetness.

FIGHTBAC!

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Separate: Don’t Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose grapes that are firm and securely attached to the stem.
- Avoid soft or wrinkled grapes.
- Grapes leaking a brownish fluid are signs of decay.
- Look for green stems that are flexible as they will better hold grapes.

Fruit Dippers

½ cup low-fat vanilla yogurt
2 tablespoons chopped peanuts
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

Wash and work area before cooking. Combine yogurt and peanuts. Mix with a spoon. Place a toothpick in the center of each fruit. Dip fruit into the yogurt peanut mixture.

Preparation Time: 10 minutes

Cook Time: 0 minutes

Serves: 4

Calories: 100

Total Fat: 3g

Cholesterol: 0mg

Sodium: 40mg

Total Carbohydrate: 17g

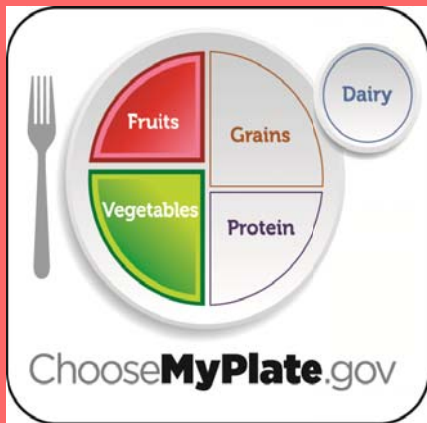
Protein: 3g

<http://recipefinder.nal.usda.gov>



Adapted from
Team Up At Home Team Nutrition Activity Book





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Honeydew

Did you know?

- Honeydews taste better if left unrefrigerated for a few days.
- Honeydews are high in vitamin C.
- Honeydew and cantaloupe are extremely close in nutritional benefits.

Fun Fact!

Honeydews are mostly grown in the Lower Valley region near Brownsville.

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Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

What am I looking for?

- Choose honeydews that are spherical.
- Look for a waxy surface on honeydews.
- Avoid honeydews with bruises or dents.
- Honeydews should be heavy for their size.

Melon Salsa

2 cups chopped fresh honeydew
1 cup chopped cucumber
¼ cup onion, red or white (chopped)
2 teaspoons chopped fresh cilantro or mint (optional)
1 seeded and finely chopped jalapeno (or to taste)
¼ cup lime juice or lemon juice
1 tablespoon white or brown sugar

Wash hands and work area before cooking. In a medium sized bowl, stir together all ingredients. Taste and season with more lemon or lime juice, sugar if needed. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Preparation Time: 15 minutes
Chill time: 30 minutes
Serves: 12

Nutrition Facts per serving:
Calories: 15
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Total Carbohydrate: 4g
Protein: 0g

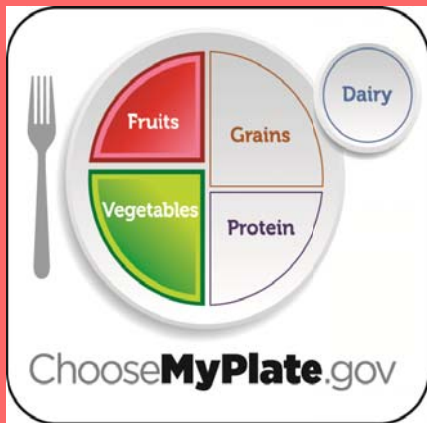
<http://recipefinder.nal.usda.gov>

Find all the missing fruits!

C H M E T L W Z P F S C B O L
Y B O S W R H C B O O A W A C
M Q E N S H T T V V N S C E N
Q P U E E Q G H O A C I V I B
Q E T Z L Y M H N M R S I P L
S P I E B H D A S E R D T B V
J U E Q I C S E H V I U A B Y
H O K V Y D O P W D I S M T F
S L H G K G S J D P I L I I D
Q A W X T V N W R B E W N V G
U T N O F N Q L F G A P C E E
G N C X P E U Q E N V M R X D
J A U K J V F A H Z Q A M F Y
I C N U T R I T I O N D Y Y B
Z G J U Z S E G N A R O T P F

BANANAS
CANTALOUPE
DIET
HONEYDEW

NUTRITION
ORANGES
SPHERICAL
VITAMIN C



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Kiwi

Did you know?

- Kiwi has twice the vitamin C of an orange, and it is also high in vitamin E.
- Kiwi is the most nutrient dense fruit.
- Kiwi can be used as a natural meat tenderizer.

Fun Fact!

The kiwifruit originated in China over 700 years ago where it was called “Yangtao.”

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Kiwi is ripe when it yields to gentle pressure.
- Choose kiwi that has a rough, fuzzy skin.
- Avoid kiwi that has dents or bruises.
- Store un-ripened kiwi in plastic bags in the refrigerator for up to 6 weeks.

Fruit Salsa

1 cup strawberries, diced
1 banana, diced
1 kiwi, peeled and diced
1 apple, cored and diced
2 tablespoons lemon juice
¼ cup sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Wash hands and work area before cooking. Combine fruits in a medium bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Mix well. Refrigerate until serving time.

Preparation Time: 15 minutes

Cook Time: 0 minutes

Serves: 4

Calories: 120

Total Fat: 0g

Cholesterol: 0mg

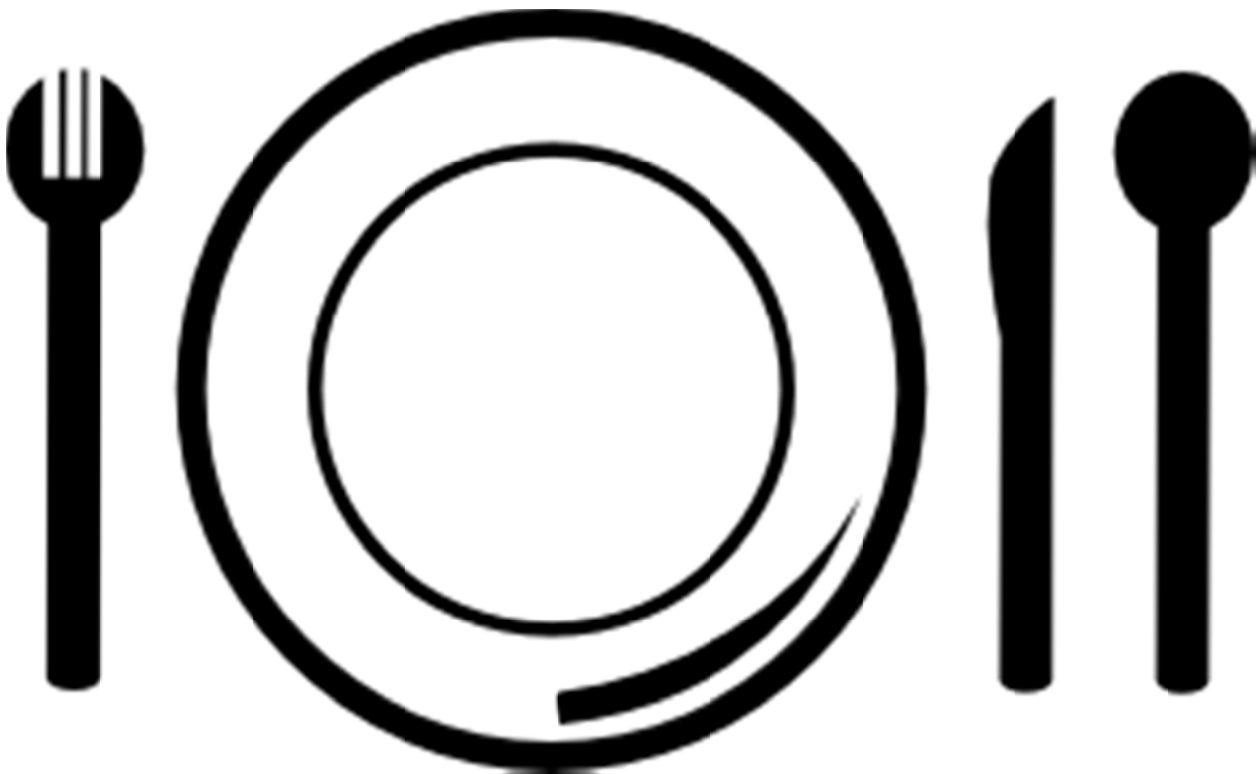
Sodium: 0mg

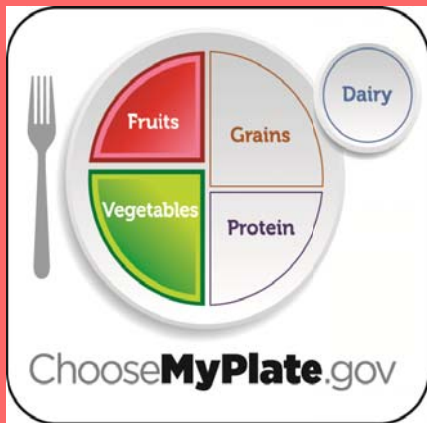
Total Carbohydrate: 31g

Protein: 1g

<http://recipefinder.nal.usda.gov>

Fill the plate below with drawings of your favorite fruits and vegetables.





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Lemons

Did you know?

- Lemon trees can grow for 150 years!
- Lemons are a good source for vitamin C.
- As with most citrus fruit grown in Texas, Lemons are produced in the Rio Grande Valley.

Fun Fact!

Lemon was added as a color to the Crayola crayon box in 1949.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose lemons with firm, thin, and smooth skin.
- A pale or greenish yellow color means the fruit is very fresh with a higher acidity.
- Signs of decay are shown by a dull color, hardening or shriveling of the skin, and soft spots.
- Refrigerate lemons for up to 2 weeks.

Easy Lemon Cheesecake

1 whole graham cracker, crushed or 2 Tablespoons graham cracker crumbs, divided
1 package (4-serving size) lemon sugar free gelatin
 $\frac{2}{3}$ cups boiling water
1 cup 1% low-fat cottage cheese
1– 8 ounce package low-fat cream cheese
2 cups thawed lite whipped topping
1 cup reduced-calorie pie filling
Lemon zest for garnishing

Wash hands and work area before cooking. Spray 8 or 9 inch spring form pan or 9 inch pie plate lightly with cooking spray. Sprinkle side with half of the graham cracker crumbs; reserve remaining crumbs for garnish. (If desired, omit graham cracker crumb garnish—sprinkle the bottom of pan with remaining cookie crumbs.) Completely dissolve gelatin in boiling water; pour into blender container. Add cottage cheese and cream cheese; cover. Blend at medium speed, scraping down sides occasionally, about 2

minutes or until mixture is completely smooth and creamy. Pour into a large bowl. Gently stir in whipped topping. Pour into prepared pan; smooth top. Sprinkle with reserved crumbs around outside edge. Chill until set, about 4 hours. When ready, remove sides of pan. Top cheesecake with pie filling. Garnish with lemon zest.

Preparation Time: 0 minutes

Cook Time: 15 minutes

Serves: 12

Calories: 80

Total Fat: 4g

Cholesterol: 0mg

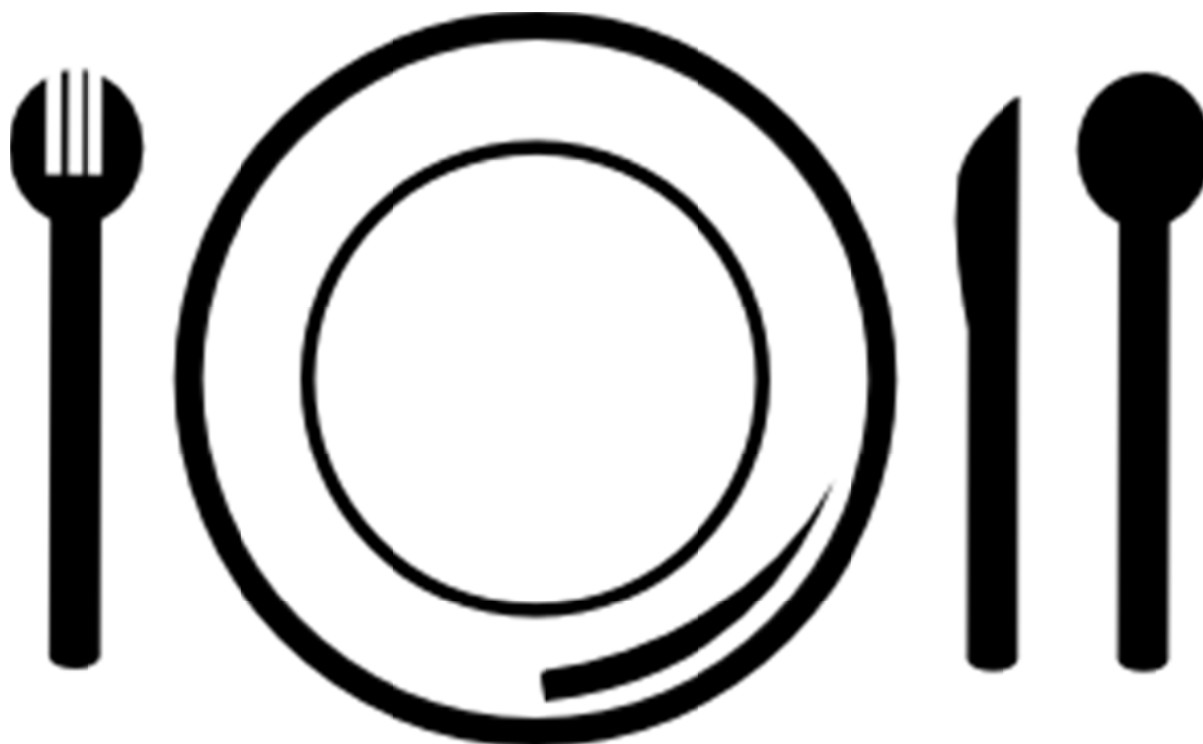
Sodium: 100mg

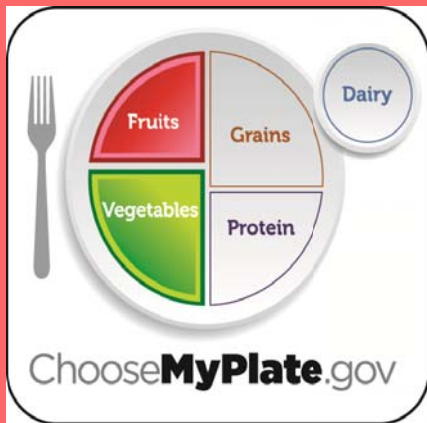
Total Carbohydrate: 8g

Protein: 4g

<http://healthyliving.tamu.edu>

Fill the plate below with drawings of your favorite fruits and vegetables.





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Limes

Did you know?

- Limes are more acidic and fragrant than lemons.
- Lime juice is often used to season fish, chicken, or pork.
- Like all citrus fruits, limes are high in vitamin C.

Fun Fact!

The vitamin C in limes can help keep cut fruit from turning brown.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for limes with a glossy skin and heavy weight for their size.
- Limes that show signs of aging and loss of flavor have fully dry skin.
- Soft spots, mold, and dents indicate signs of decay.
- Refrigerate limes for up to 2 weeks.

Key Lime Tarts

24 Key Lime Cooler cookies

8 ounces cream cheese

1 egg

½ cup sugar

2 tablespoons lime juice

1 teaspoon lime zest

Whipped cream

Lime zest for garnish

Preheat oven to 350°F. Fill mini muffin tins with paper cups and spray cups with cooking spray. Place one cookie in the bottom of each cup, flat side down. Prepare filling-beat together cream cheese, egg, sugar, lime juice, and zest until well blended. Fill cups to top. Bake for 10 to 12 minutes. Remove tarts to

cool. When completely cooled, top each tart with whipped cream. Garnish with slivers of lime zest.

Preparation Time: 5 minutes

Cook Time: 12 minutes

Serves: 24

Calories: 81

Total Fat: 4.8g

Cholesterol: 8.5mg

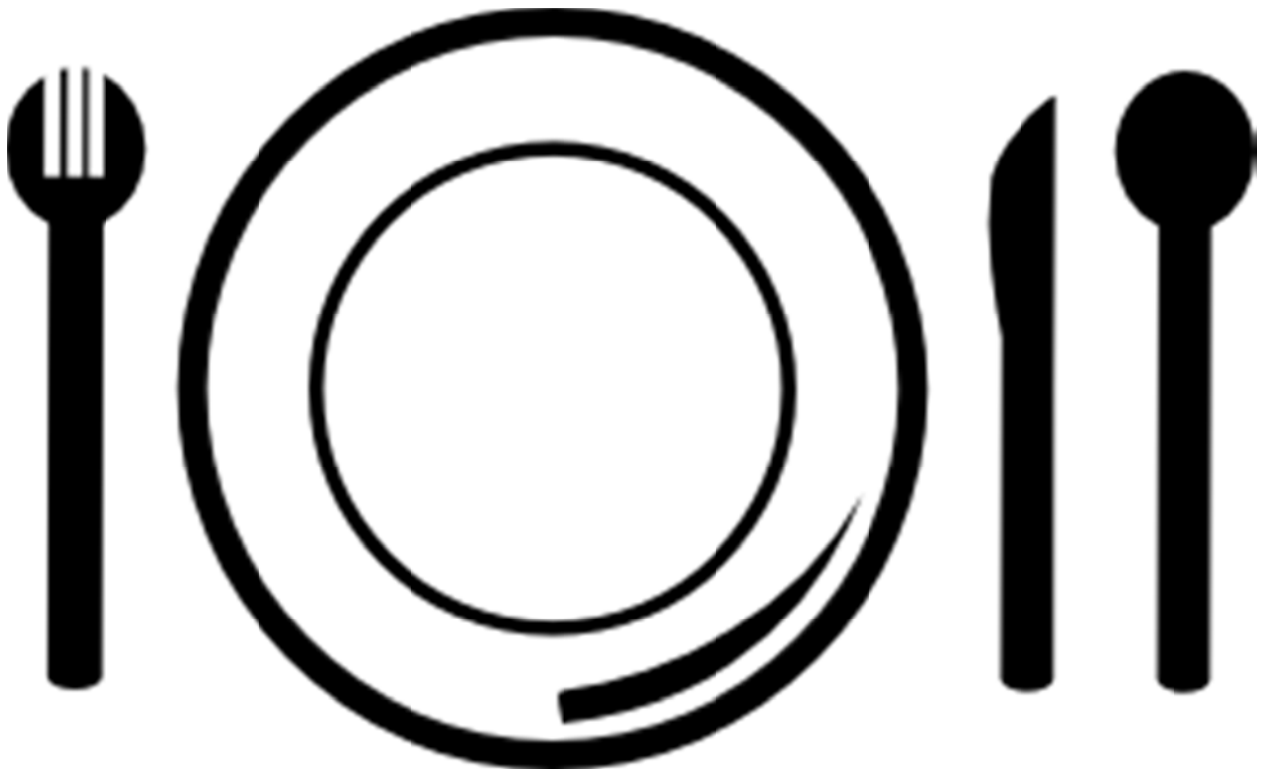
Sodium: 2.8mg

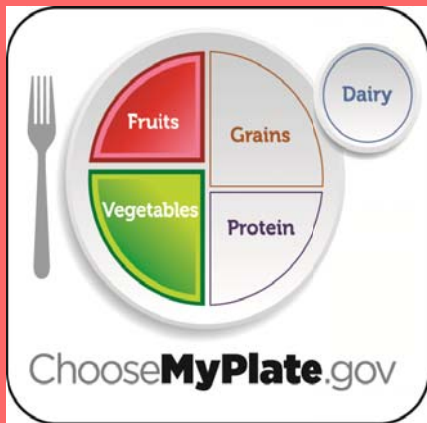
Total Carbohydrate: 8.5g

Protein: 1.3g

<http://healthyliving.tamu.edu>

Fill the plate below with drawings of your favorite fruits and vegetables.





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Mango

Did you know?

- Mangos are the most widely consumed fruit worldwide.
- Mangos are an excellent source of vitamins A and C.
- Mango trees can grow to be as tall as 100 feet!

Fun Fact!

Mangos are called the “king of fruit” because their flavor is a mix of oranges, peaches, and pineapples.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose slightly firm mangos with a sweet aroma.
- Avoid mangos with sap on the skin.
- Store ripe mangos in the refrigerator for 1-2 days.
- To speed up ripening, place mango in a plastic bag at room temperature.

Mango Shake

2 cups low-fat (1%) milk
4 tablespoons mango juice or 1 pitted frozen mango
1 small banana
2 ice cubes

Wash hands and work area before cooking. Put all ingredients in blender. Blend until foamy. Serve immediately.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 4

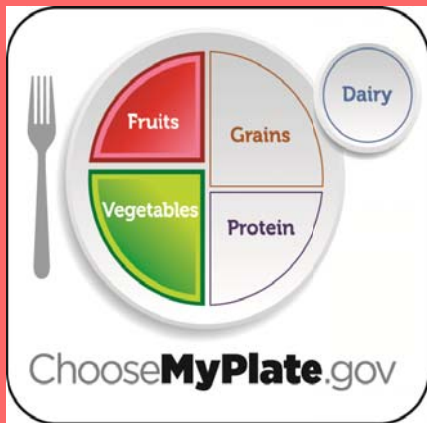
Calories: 80
Total Fat: 1.5g
Cholesterol: 5mg
Sodium: 55mg
Total Carbohydrate: 14g
Protein: 4g

<http://recipefinder.nal.usda.gov>

Find the hidden words!

J	F	V	L	M	H	Q	X	V	G	V	G	G	S	V
S	N	I	M	A	T	I	V	Z	M	D	Z	Q	C	M
G	M	G	F	L	R	L	X	T	R	H	C	H	G	O
B	E	N	X	Q	E	N	G	M	I	W	Z	S	V	V
O	O	L	S	A	B	Y	U	J	Y	D	B	U	C	C
S	G	T	P	S	I	E	P	T	P	A	N	Q	P	R
F	L	C	X	P	F	C	H	O	R	L	H	V	V	B
E	Z	A	H	Z	A	T	E	O	Z	I	S	O	Y	Z
F	Y	S	R	C	M	E	R	M	F	D	T	O	O	R
Y	S	S	F	E	A	A	N	Y	K	L	M	I	Z	W
A	C	G	B	L	N	E	P	I	N	N	R	V	O	V
W	E	V	M	G	G	I	P	T	P	T	U	Y	X	N
H	P	I	E	X	O	D	M	N	Y	J	H	E	Q	A
X	X	E	D	I	E	T	O	M	Z	J	W	T	J	H
I	E	S	I	C	R	E	X	E	M	C	J	N	L	K

DIET
EXERCISE
FIBER
MANGO
MINERALS
NUTRITION
ORANGE
PEACH
PINEAPPLE
VITAMINS



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Oranges

Did you know?

- Oranges are the primary source of vitamin C for most Americans.
- Sweet oranges are grown in the Southern portion of Texas.
- Orange peels contain oils that are used for making some cosmetics.

Fun Fact!

Oranges picked higher on the tree are sweeter than oranges picked closer to the ground.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for firm and heavy oranges.
- Avoid dented or discolored oranges.
- Lightweight oranges usually lack juice and are lower quality.
- Dull, dry skin indicates aging.

Hot Fruit Compote

16 ounce can pineapple chunks, drained
 8 ounce can mandarin oranges, drained
 16 ounce can sliced peaches, drained
 1 small jar Maraschino cherries, rinsed and drained
 2 teaspoons cinnamon

Wash hands and work area before cooking. Combine pineapples, oranges, and peaches together, stirring gently to blend in a pan. Stir in cherries; add cinnamon. Stir gently. Heat over moderate heat for approximately 10 to 15 minutes. Do not boil. Serve warm.

Preparation Time: 15 minutes
 Cook Time: 10-15 minutes
 Yield: $\frac{1}{3}$ cup per serving

Calories: 47
 Total Fat: .1 g
 Cholesterol: 0 mg
 Sodium: 18 mg
 Total Carbohydrate: 12 g
 Protein: .4 g

<http://healthyliving.tamu.edu>

Complete the crossword!

D	A	F	F	S	Q	L	L	P	C	M	L	B	K	J
H	P	K	I	W	N	O	L	E	X	H	U	W	U	W
R	P	C	M	G	Z	A	G	S	E	E	E	G	L	M
X	L	T	J	L	U	K	T	N	Z	P	R	R	W	G
Y	E	O	H	D	P	I	W	A	A	W	T	S	R	W
G	X	C	J	S	U	V	L	R	K	M	W	L	K	Y
C	F	I	T	R	W	Z	A	C	Q	V	L	W	D	B
X	M	R	F	M	M	E	O	R	J	N	X	V	O	A
F	M	P	D	E	P	X	V	D	X	Y	C	L	B	J
F	E	A	L	R	G	S	L	N	O	M	E	L	U	M
V	C	O	D	I	R	I	K	F	U	L	L	I	M	E
C	N	D	H	W	H	M	F	K	H	A	N	W	V	W
W	L	M	Y	I	V	L	E	B	E	O	R	L	P	W
K	L	K	I	K	K	O	R	A	N	G	E	I	Y	F
S	U	R	Z	T	B	C	I	C	V	K	Q	Q	E	V

Apple

Apricot

Cherry

Fig

Fruits

Kiwi

Lemon

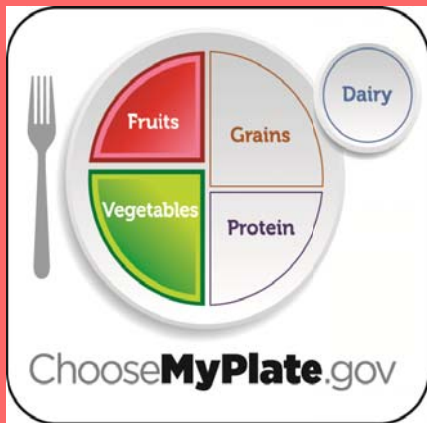
Lime

Mango

Melon

Orange

Pear



**MyPlate suggests
making half your plate
fruits and vegetables.**

<http://www.choosemyplate.gov/>

Peaches

Did you know?

- Peaches originated in China.
- Peaches are the leading deciduous fruit crop grown in Texas.
- Peaches are available from April through August.

Fun Fact!

Peaches are a symbol of immortality and friendship.

FIGHTBAC!

**Clean: Wash hands and
Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

What am I looking for?

- Look for peaches with firm, fuzzy skin.
- Store ripe peaches at room temperature for use within one to two days.
- Avoid very soft peaches as they are overripe.
- Avoid bruises when looking for quality.

Roasted Peach Sunday

3 ripe peaches, halved and pitted
1 tablespoon brown sugar
2 teaspoons lemon juice
3 cups nonfat vanilla frozen yogurt
6 gingersnaps, crumbled (optional)

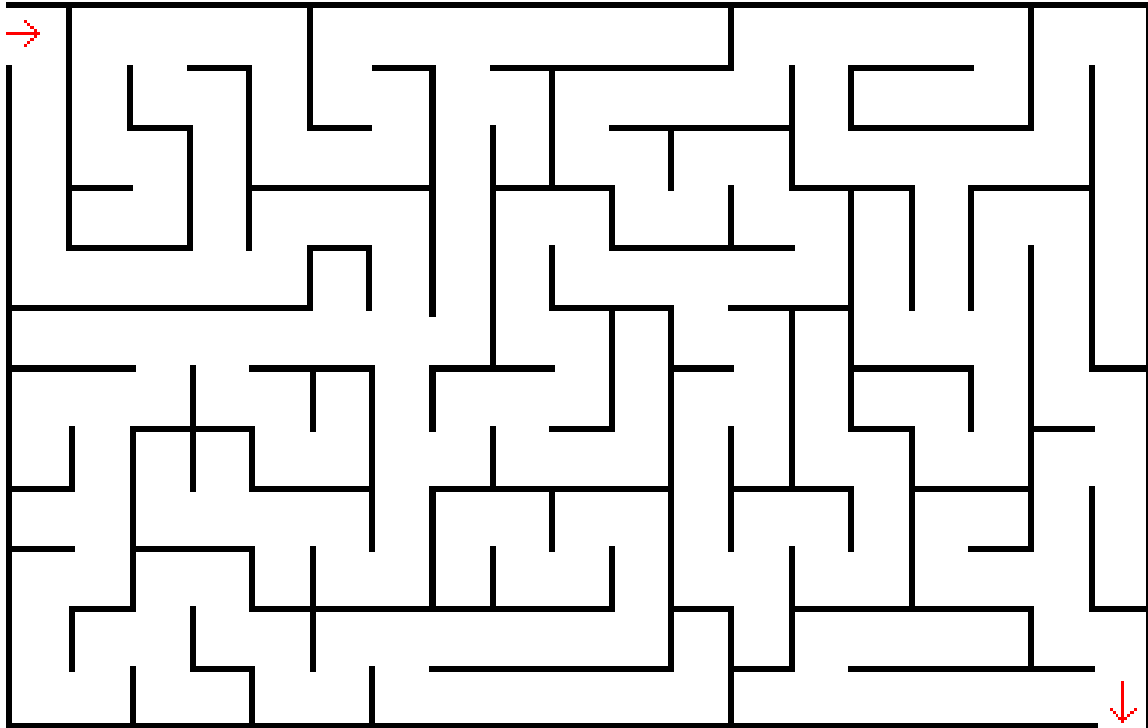
Preheat oven to 425°F. Coat a baking sheet with cooking spray. Toss peach halves with brown sugar and lemon juice, and place them cut-side-up on the prepared baking sheet. Roast until the peaches are tender, 20-30 minutes. If the juice on the pan begins to burn, add a little water and loosely cover the fruit with foil. Top each peach half with a 1/2 cup scoop of frozen yogurt and a sprinkle of crumbled gingersnaps. Serve immediately.

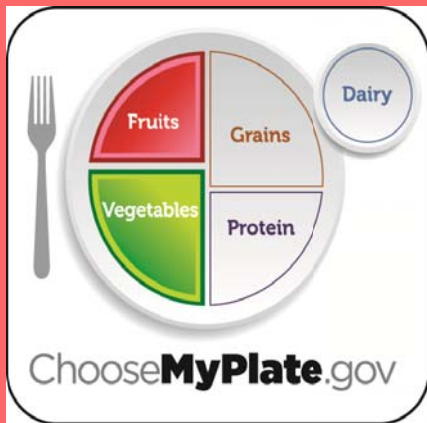
Preparation Time: 5 minutes
Cook Time: 25-30 minutes
Serves: 6

Calories: 138
Total Fat: 0 g
Cholesterol: 2 mg
Sodium: 64 mg
Total Carbohydrate: 30 g
Protein: 5 g

<http://healthyliving.tamu.edu>

Help the peach find its way through the maze to the basket!





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Pears

Did you know?

- Pears have been cultivated for nearly four thousand years.
- Pears can be grown in all areas of Texas depending on the variety.
- Pears are excellent sources of dietary fiber and vitamin C.

Fun Fact!

There are over 3000 types of pears in the world!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Check the neck for ripeness by applying pressure with your thumb. If it yields to pressure, it is ripe.
- Refrigerate ripe pears to maintain freshness.
- Avoid pears that are dented or bruised.
- Wash pears before eating.

Pocket Fruit Pies

4 flour tortillas (8 inch)
2 medium peaches, pears, or apples
¼ teaspoon ground cinnamon
2 tablespoons brown sugar
⅛ teaspoon ground nutmeg
2 tablespoons milk
Sugar (optional)

Wash hands and work area before cooking. Warm tortillas in microwave or oven to make them easier to handle. Peel and chop fruit into pieces. Place ¼ of the fruit on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit. Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small holes to allow

steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Back at 350 degree in oven for 8-12 minutes or until lightly brown. Serve warm or cool.

Preparation Time: 15 minutes
Cook Time: 8-12 minutes
Yield: 4 servings

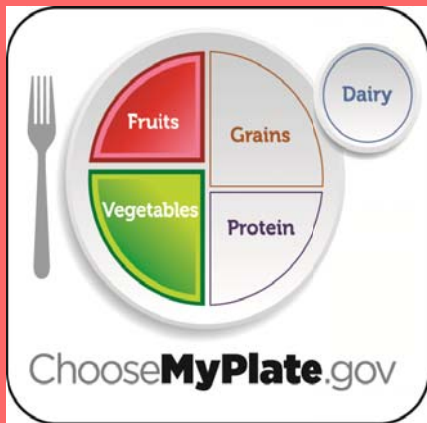
Calories: 200
Total Fat: 3.5g
Cholesterol: 0mg
Sodium: 340mg
Total Carbohydrate: 39g
Protein: 4g

<http://recipefinder.nal.usda.gov>

Find the all the fruits!

L	N	T	L	J	H	J	O	W	P	Q	B	F	V	N
U	Q	X	T	A	W	A	T	E	R	M	E	L	O	N
F	X	L	E	M	O	N	D	W	T	C	J	Q	S	E
W	I	Q	G	C	O	M	K	M	V	O	B	H	J	O
T	Z	G	T	R	A	V	P	A	W	O	A	L	Y	I
G	R	V	X	A	E	W	P	E	A	R	N	A	Z	X
A	L	V	M	N	L	Y	P	H	N	N	A	O	T	Y
H	X	M	V	B	P	T	L	A	H	C	N	K	R	H
H	M	X	O	E	P	S	R	E	G	N	A	R	O	N
W	J	Q	G	R	A	L	H	H	W	N	E	E	A	I
X	D	R	J	R	E	K	Y	B	P	B	P	P	L	P
C	A	W	P	Y	N	G	J	L	E	V	O	R	G	L
E	Z	W	G	S	I	P	U	U	U	J	J	Z	N	B
T	J	E	R	A	P	M	L	L	G	I	W	V	X	W
F	J	E	J	G	V	B	X	W	K	P	J	C	W	U

BANANA
BLUEBERRY
CRANBERRY
LEMON
ORANGE
PEAR
PINEAPPLE
PLUM
WATERMELON



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Pineapples

Did you know?

- Pineapples can weigh up to 20 pounds!
- The pineapple plant is actually an herb that is high in vitamin C.
- The pineapple originated in Brazil and Paraguay.

Fun Fact!

In Texas, pineapples are mostly grown in greenhouses or the Rio Grande Valley.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose pineapples with dark green leaves and are heavy for their size.
- Pineapples with a fragrant odor and lively color are most ripe.
- Avoid pineapples with a dull, yellow-green color and dried appearance.
- Avoid bruised pineapple as they are more prone to decaying.

Pineapple Orange Frozen Yogurt

1 cup non-fat vanilla yogurt

½ cup orange juice

1 cup fresh or canned pineapple chunks

Preparation Time: 2 days

Cook Time: 0 minutes

Serves: 3

Place yogurt and fruit in large plastic bag, flatten, and freeze overnight. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth.

Serve immediately or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

Calories: 130

Total Fat: 0g

Cholesterol: 0mg

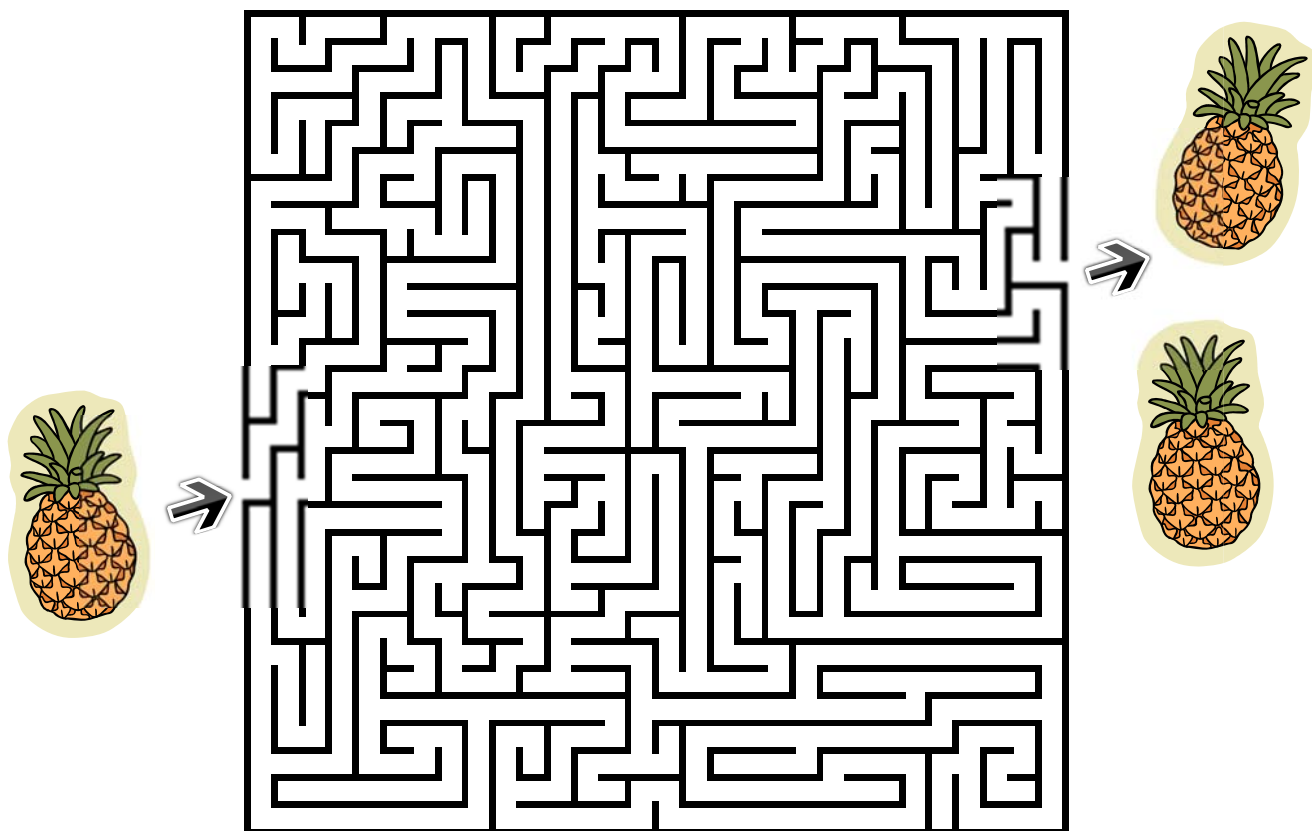
Sodium: 60mg

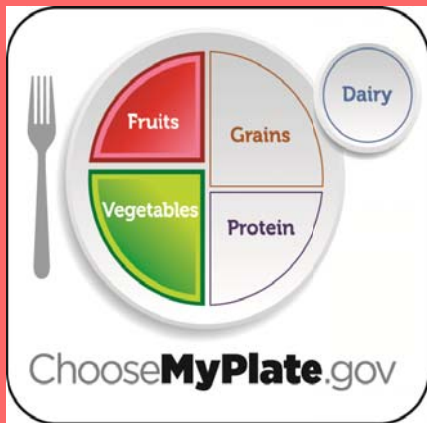
Total Carbohydrate: 28g

Protein: 5g

<http://recipefinder.nal.usda.gov>

Help the pineapple reach the end of the maze!





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Pumpkin

Did you know?

- Pumpkins can vary in color from white to yellow to orange.
- Pumpkins are a good source of vitamin A and potassium.
- Most pumpkin production is in the west Texas region.

Fun Fact!

The largest pumpkins can weigh over 1,000 pounds!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for pumpkins that are firm and heavy for their size.
- Store pumpkins in a cool, dark place for up to two months.
- Select pumpkins that are symmetrical.
- Look for a pumpkin with 1 to 2 inches of stem to ensure it is not decaying.

Light Pumpkin Pie

1 cup ginger snaps
15 ounce can pumpkin
½ cup egg whites (about 4)
½ cup sugar
2 teaspoons pumpkin pie spice
12 ounce can evaporated skim milk

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Grind cookies in a food processor. Lightly spray 9 inch pie plate with cooking spray. Pat cookie crumbs into the pan evenly. Mix pumpkin, egg whites, sugar, pumpkin pie spice, and evaporated milk. Pour into crust. Bake about 45 minutes or until knife inserted in center comes out clean. Allow to cool before slicing.

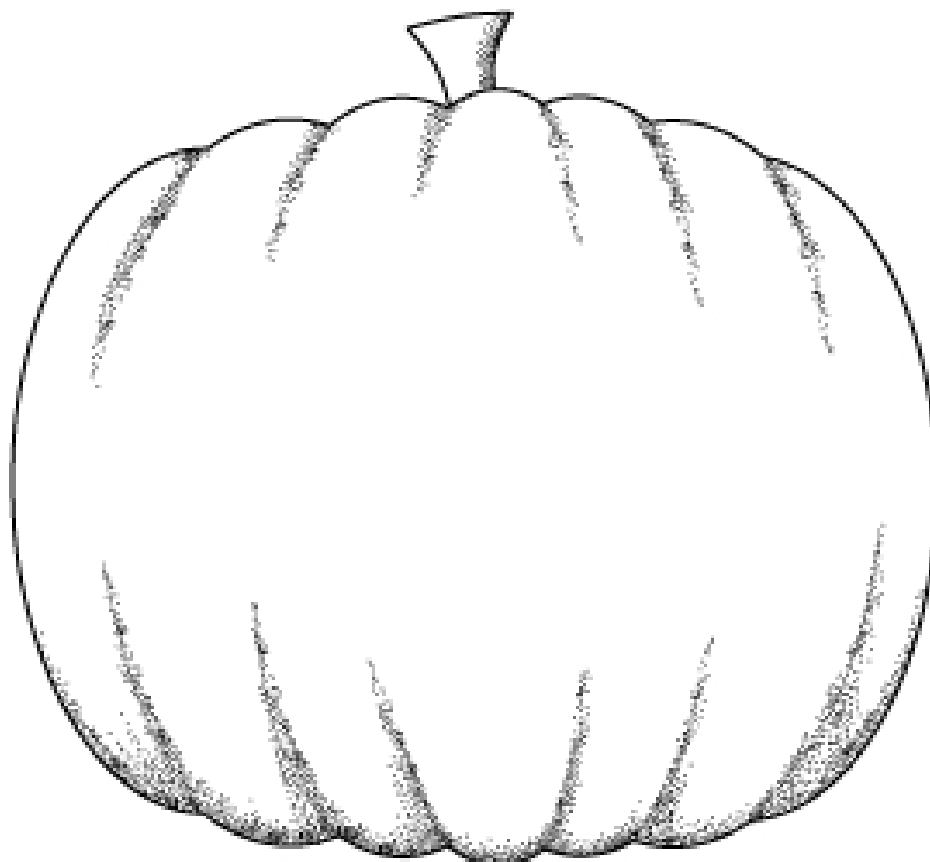
Preparation Time: 10 minutes
Cook Time: 45 minutes
Yield: 12 servings

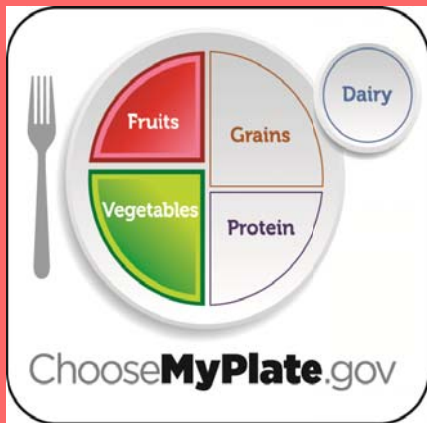
Calories: 240
Total Fat: 5 g
Cholesterol: 0 mg
Sodium: 180 mg
Total Carbohydrate: 42 g
Protein: 7 g

Serve with: Fat free whipped topping

<http://healthyliving.tamu.edu>

Draw your own Jack-O-Lantern!





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<http://www.choosemyplate.gov/>

Raspberries

Did you know?

- Raspberries are a good source of iron and folate, which is good for the blood.
- Raspberries can be red, black, purple, and golden in color.
- Raspberries have hollow cores, making them delicate.

Fun Fact!

There are over 200 species of raspberries!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose dry, plump, and firm raspberries.
- Avoid raspberries that have mushy individual cells.
- Avoid wet or moldy raspberries as those are showing signs of decay.
- Do not wash raspberries until ready to eat and refrigerate for use within 1-2 days.

Raspberry Grape Salad

6 ½ ounces vanilla low-fat yogurt
13 ounces fresh raspberries
½ tablespoon dried mint
20 ounces red grapes, seedless
20 ounces green grapes, seedless

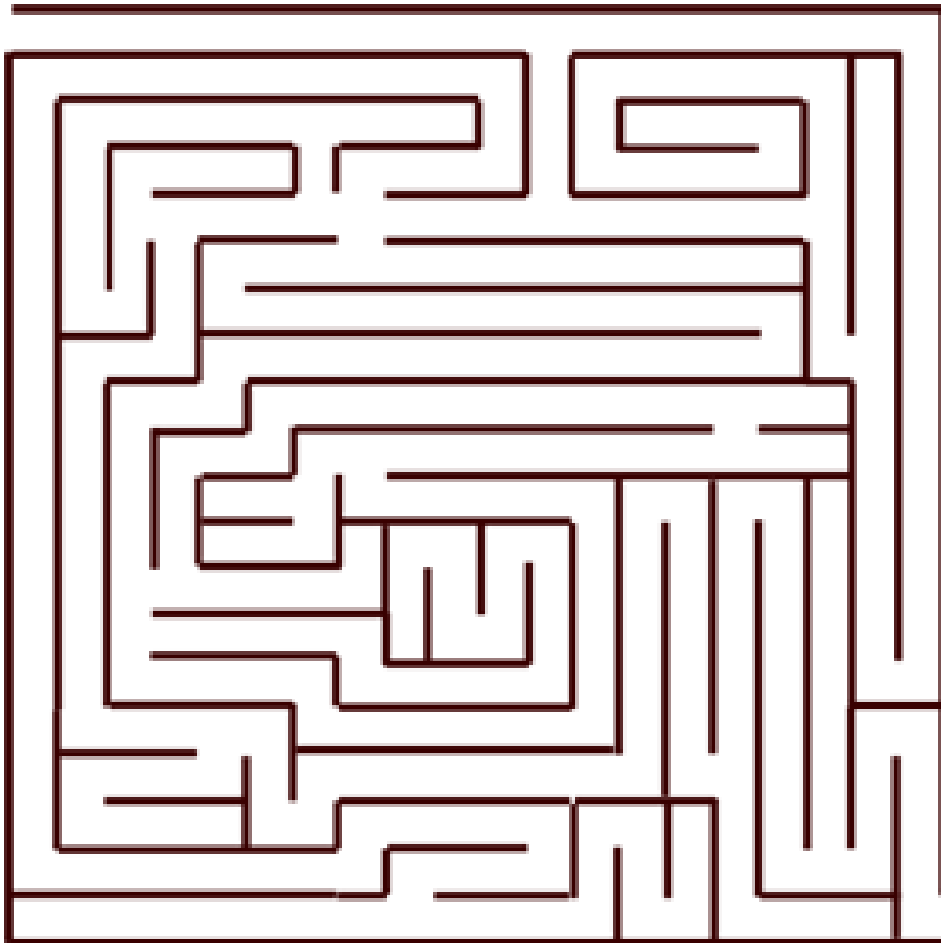
Wash hands and work area before cooking. Combine yogurt and raspberries in large bowl. Add mint to yogurt mixture and mix well. Add green and red grapes to the yogurt mixture and toss lightly to coat. Chill well before serving. Serve ¾ cup as a serving.

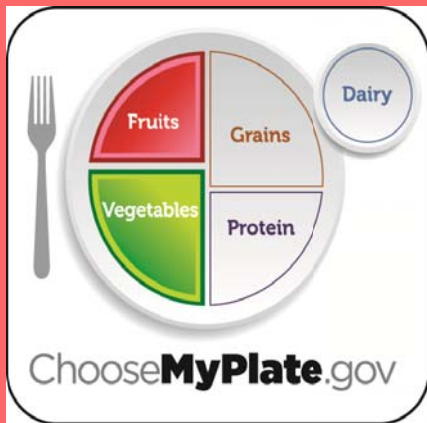
Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 10

Calories: 80
Total Fat: 3g
Cholesterol: 0mg
Sodium: 15mg
Total Carbohydrate: 19g
Protein: 2g

<http://healthymeals.nal.usda.gov>

Help the raspberry reach the end of the maze!





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Strawberries

Did you know?

- There are roughly 200 tiny seeds on every strawberry.
- Strawberries are the only fruit that has seeds on its outside.
- Strawberries are an excellent source of folate.

Fun Fact!

If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Choose shiny, firm strawberries with a bright red color.
- Caps should be fresh, green, and intact.
- Avoid shriveled, mushy or leaky berries.
- Wait to wash strawberries until ready to eat.

Fabulous Fruit Muffins

1¼ cup flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
¾ cups low-fat buttermilk
2 tablespoon margarine, melted
1 egg, slightly beaten
½ teaspoon vanilla extract
1 cup coarsely chopped fresh or frozen strawberries

Wash your hands and work area. Heat oven to 400 degrees. Spray muffin tin with non-stick cooking spray. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients. Using a large spoon,

gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix). Spoon batter evenly into 9 muffin cups. Bake 20-25 minutes or until golden brown. Serve hot or cold.

Preparation Time: 10 minutes

Cook Time: 20-25 minutes

Serves: 9

Calories: 130

Total Fat: 3.5g

Cholesterol: 20mg

Sodium: 105mg

Total Carbohydrate: 22g

Protein: 3g

<http://recipefinder.nal.usda.gov>

Unscramble the misspelled fruits!

1. nabnaa

2. epalp

3. westarrbyr

4. wiik

5. reap

6. ngearo

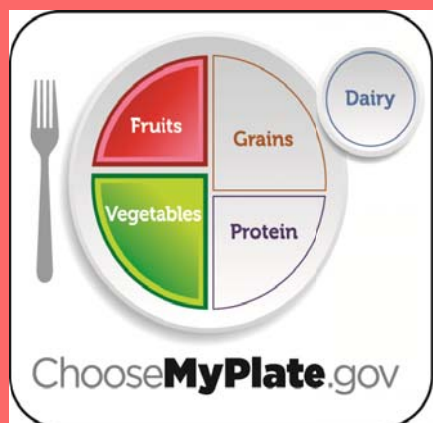
7. leubrbrye

8. npailppee

9. raegps

10.eeamltworn

1) banana 2) apple 3) strawberry 4) kiwi 5) pear 6) orange
7) blueberry 8) pineapple 9) grapes 10) watermelon



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Tangerines

Did you know?

- Tangerines are a type of mandarin.
- Tangerines are mainly grown in southeast Texas.
- Tangerines are high in vitamin C and fiber.

Fun Fact!

When tangerines are crossed with grapefruit, the resulting fruit is a tangelo.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Deep yellow or orange color with a bright luster indicate good flavor.
- Avoid pale yellow-green tangerines.
- Cuts and bruises are signs of decay.
- Refrigerate tangerines for up to 2 weeks.

Ambrosia

20-ounce can pineapple chunks, in 100% juice,
drained
11-ounce can tangerine or mandarin orange, drained
1 banana, peeled and sliced
1½ cups seedless grape
¾ cup miniature marshmallows
⅓ cup flaked coconut
8-ounce carton low-fat vanilla yogurt

Wash hands and work area before cooking. Drain
pineapple and oranges. Use reserved juice as a
beverage if desired. Combine fruit with
marshmallows and coconut. Fold in yogurt. Chill.
Serve.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 8

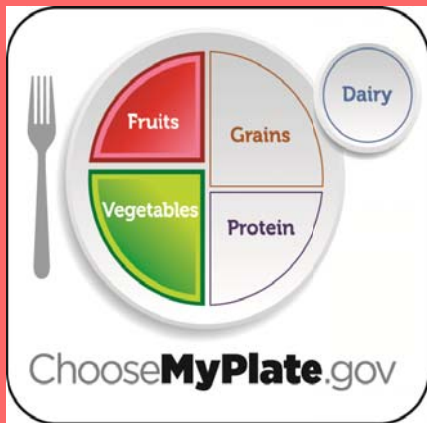
Calories: 150
Total Fat: 1.5g
Cholesterol: 0mg
Sodium: 35mg
Total Carbohydrate: 33g
Protein: 3g

<http://recipefinder.nal.usda.gov>

Find the words!

R	Z	P	N	M	Z	L	G	P	W	F	Y	L	O	C
H	E	A	L	T	H	Y	S	E	R	I	C	E	M	Y
Y	S	F	W	P	U	E	S	U	N	K	I	S	B	C
L	E	E	C	A	C	Q	I	Z	W	B	T	R	M	V
L	H	H	P	U	Q	T	R	J	W	C	R	Z	I	V
E	C	S	X	A	W	M	D	N	N	H	U	V	O	F
M	A	V	F	R	R	M	P	V	O	T	S	I	Y	E
O	E	Z	U	Z	D	G	M	J	L	A	F	K	K	S
N	P	C	W	N	U	T	R	I	E	N	T	S	O	M
J	I	U	Q	Z	O	W	F	B	M	G	S	S	S	P
K	W	M	L	U	F	N	W	U	R	E	M	R	I	E
Y	E	U	A	G	E	F	N	S	E	R	B	P	H	A
E	H	H	V	T	S	X	F	Q	T	I	A	M	O	T
I	K	P	V	I	I	L	N	J	A	N	T	G	G	E
Y	I	I	P	D	O	V	D	B	W	E	Q	K	H	V

TANGERINE
PEACHES
GRAPES
LEMON
WATERMELON
FRUIT
VITAMIN
CITRUS
NUTRIENTS
HEALTHY



**MyPlate suggests
making half your plate
fruits and vegetables.**

<http://www.choosemyplate.gov/>

Watermelon

Did you know?

- China is the world's number one producer of watermelons.
- Watermelon is composed of 92% water!
- Watermelon has excellent levels of vitamins A, B₆, and C.

Fun Fact!

Watermelon is grown in over half the counties in Texas!

FIGHTBAC!

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Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

What am I looking for?

- Look for a symmetrical watermelon that is symmetrical.
- Avoid purchasing watermelons with cuts or dents.
- Watermelon should be heavy for its size.
- The underside of a watermelon should be a yellow cream color from where it was sitting on the ground.

Fruit Slush

2 ²/₃ cups coarsely chopped watermelon or cantaloupe
1 ²/₃ cups coarsely chopped kiwi
2 tablespoons sugar
2 tablespoons lime juice
2 cups water
Ice

Wash hands and work area before cooking. In a blender, puree fruit with sugar and lime juice until smooth. Combine fruit mixture and water in a large pitcher. If desired, pour through a strainer to remove pulp. Cover and refrigerate for up to a week. To serve, stir well and pour into tall glasses over ice.

Preparation Time: 20 minutes

Cook Time: 0 minutes

Yield: 4 servings

Calories: 60

Total Fat: 0g

Cholesterol: 0mg

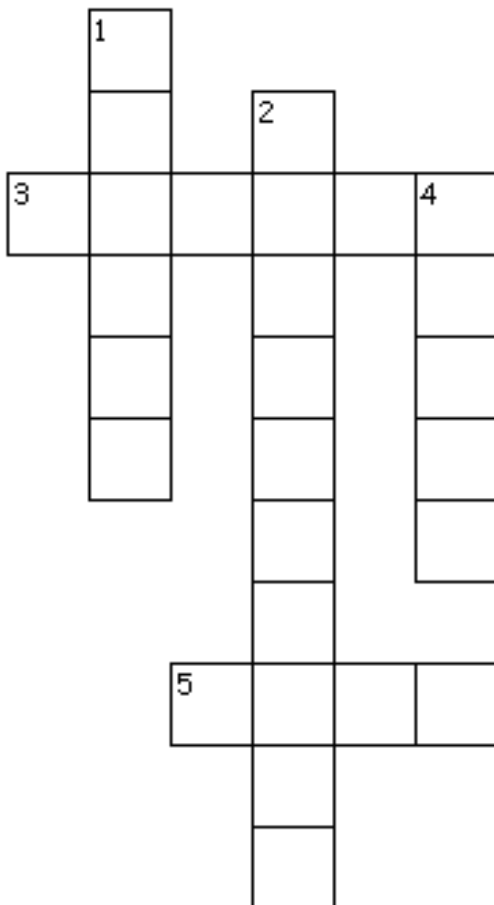
Sodium: 20mg

Total Carbohydrate: 16g

Protein: 1g

<http://recipefinder.nal.usda.gov>

Complete the crossword puzzle!



Across

- 3) monkeys like to eat this fruit
- 5) small, purple, and often used to make jelly

Down

- 1) this fruit is also a color
- 2) large fruit with black seeds inside
- 4) these grow on trees and are one of the most popular fruits in America

1) orange 2) watermelon 3) banana 4) apple 5) plum