

?WHY FRUIT?

Fruit Facts:

- Great food
- Get healthy
- Make smoothies
- Dip it
- Drink juices
- Add years to your life
- Improve your efforts to stay fit
- 100% bad- cholesterol free
- Not expensive

Fruit recipes:

- Fruit salads
- Fruit smoothies
- Fruit basket
- Fruit kabob
- Fruit cereal
- Yogurt
- Trimmings
- Ice cream
- Drinks

Fruit tips:

- Fruit needs to be good fresh and clean
- Tons of choices
- Top it on some cereal
- Make fruit smiles
- Drink fruit juice
- Eat dried fruit candy

Helpful websites:

- www.lunchboxbunch.com
- www.heathyrecipes.com
- www.mypyramid.com
- www.fruit-guide.com
- www.easyfunschool.com
- www.fruitjuicefacts.org
- www.dole.com

