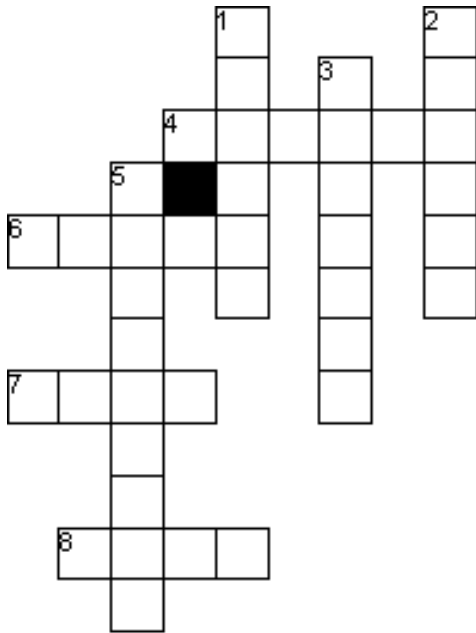


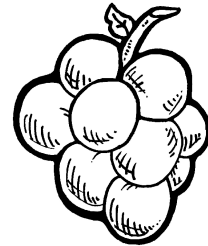
Fruity Fun!

Complete the puzzle by solving the riddles shown below.



Word List:

Banana
Grapes
Juice
Orange
Pear
Pineapple
Plum
Raisins



ACROSS

- Long and yellow, I'm "a-peeling" to both kids and monkeys.
- I'm the liquid form of fruit. To find the real me, look for 100%!
- When you hear my name, you might think there are two of me.
- I rhyme with YUM (and that's also how I taste!).

DOWN

- We can be red or green and we like to hang around in bunches.
- My name and my color are the same.
- We're the "dried up" version of clue #1
- If you split my name in half, you will find two kinds of trees (HINT: One is a fruit tree).

So-Berry-Good Smoothies

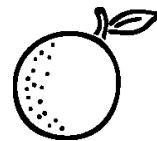
Ingredients:

- 1 cup frozen berries (strawberries, blueberries or raspberries)
 - 1 frozen banana, broken into chunks
 - 1 cup vanilla yogurt
 - 1 c. nonfat or 1% milk
 - 2-4 tsp. sugar (depending on the sweetness of the berries)
- Combine all ingredients in the blender; process until smooth. Serve immediately.
Makes 4 servings.

Do you eat enough fruit?

Every day, try to eat 2-4 servings. Below are examples of one serving of fruit.

- | | |
|-------------------------------|-------------------------------------|
| 1 medium apple | $\frac{3}{4}$ c. 100% fruit juice |
| 1 medium orange | $\frac{1}{2}$ c. fresh fruit chunks |
| $\frac{1}{4}$ c. raisins | $\frac{1}{2}$ c. grapes or berries |
| $\frac{1}{2}$ c. canned fruit | 1 medium banana |



Keep a list of the fruit you eat today:

- _____
- _____
- _____
- _____

