



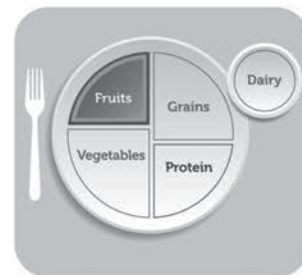
Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## What is the Fruits Food Group?

Fruits provide nutrients vital for health and maintenance of your body. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

### How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the table below.



Daily Fruit Recommendation		
	AGE	AMOUNT
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
GIRLS	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
BOYS	9-13 years old	1 ½ cups
	14-18 years old	2 cups



## PREVIEW

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### Berries

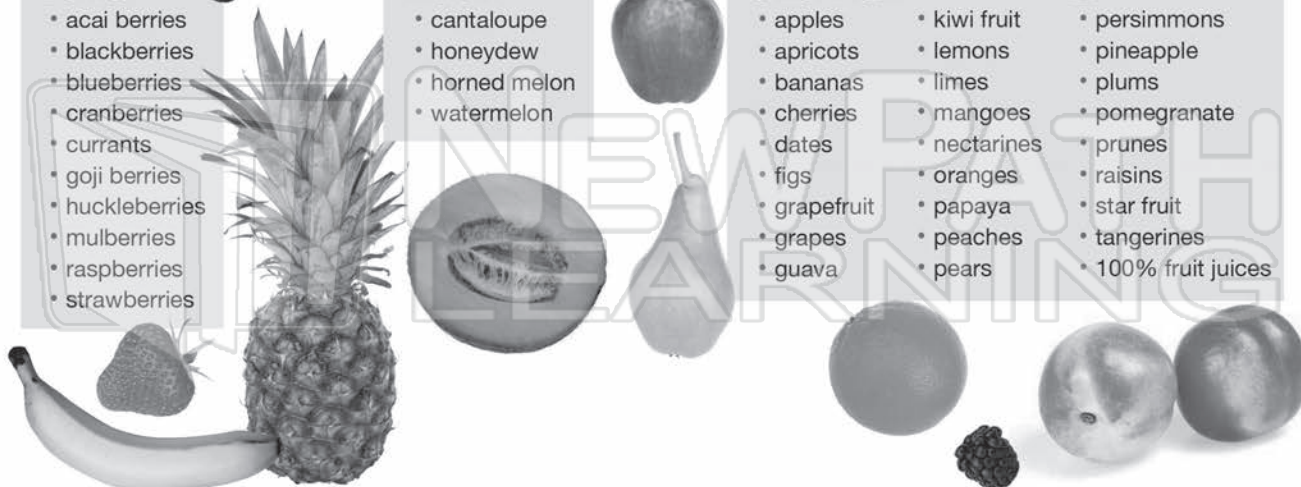
- acai berries
- blackberries
- blueberries
- cranberries
- currants
- goji berries
- huckleberries
- mulberries
- raspberries
- strawberries

### Melons

- cantaloupe
- honeydew
- horned melon
- watermelon

### Other Fruits

- apples
- apricots
- bananas
- cherries
- dates
- figs
- grapefruit
- grapes
- guava
- kiwi fruit
- lemons
- limes
- mangoes
- nectarines
- oranges
- papaya
- peaches
- pears
- persimmons
- pineapple
- plums
- pomegranate
- prunes
- raisins
- star fruit
- tangerines
- 100% fruit juices





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Fruits Group - So Many Choices!

Fruits provide nutrients vital for health and maintenance of your body. Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, or cut-up, or pureed.

Name some of your favorite fruits in each category.

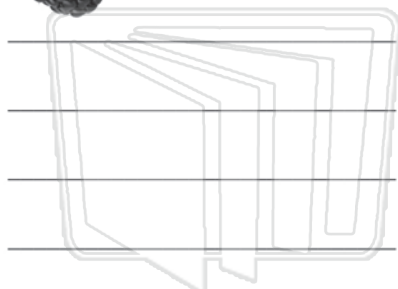


Berries

Melons



Other Fruits



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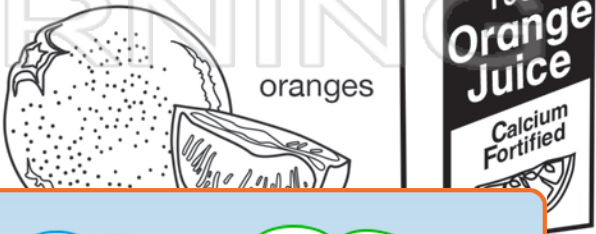



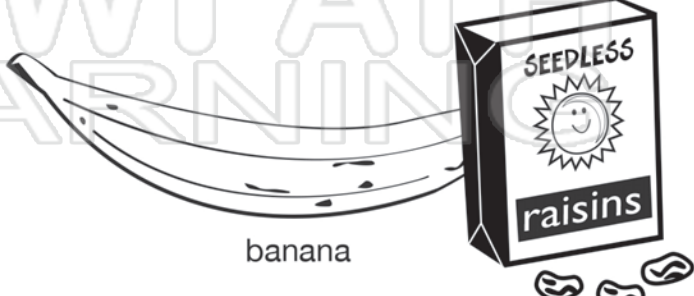
D I D E P O X Q S D L A P Z M D A D  
 G R A P E W V E Y T O N T E A S P Y  
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 H Y S W N I H U L H T A S H O H A H  
 I T O Q S Z I M T I H O N E Y D E W





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Study the chart to learn more about some of the vitamins & minerals we get from different kinds of fruit. **Color** the fruits.

Vitamins & Minerals	What it Does	Where it is Found
<b>Biotin</b>	<ul style="list-style-type: none"> <li>• Stores energy</li> <li>• Metabolizes protein, carbohydrates &amp; fat</li> </ul>	berries 
<b>Folate/ Folic Acid</b>	<ul style="list-style-type: none"> <li>• Metabolizes protein</li> <li>• Red blood cell formation</li> </ul>	
Vita	 <p><b>PREVIEW</b></p> <p>Please <a href="#">Sign In</a> or <a href="#">Sign Up</a> to download the printable version of this worksheet</p>	
Vita	<ul style="list-style-type: none"> <li>• Metabolizes carbohydrates</li> <li>• Muscle contraction</li> <li>• Nervous system function</li> </ul>	oranges 
Pota	<ul style="list-style-type: none"> <li>• Metabolizes carbohydrates</li> <li>• Muscle contraction</li> <li>• Nervous system function</li> </ul>	oranges 
<b>Magnesium</b>	<ul style="list-style-type: none"> <li>• Regulates blood pressure &amp; blood sugar</li> <li>• Bone formation</li> <li>• Muscle contraction</li> <li>• Nervous system function</li> </ul>	banana 






Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_


1 Which of these can you get from eating **whole fruit** that is **not** usually found in **juice**?

**A** vitamins  
**B** minerals  
**C** dietary fiber  
**D** sugar



5 Which of these is a **subgroup** of fruit?

**A** raw  
**B** orange  
**C** frozen  
**D** berries



2 Which of the following counts as part of the **Fruits Food Group**?

6 **Fiber** found in fruit is associated with which of the following **health outcomes**?

**A**  
**B**  
**C**  
**D**

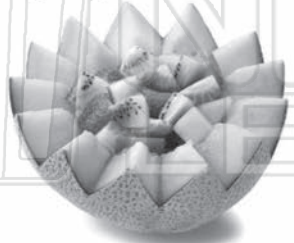


**PREVIEW**

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4 Boys and girls, **ages 10-18**, should eat \_\_\_\_\_ of fruit every day.

**A** ¼ cup  
**B** ½ cup  
**C** 1 cup  
**D** 1½ - 2 cups



8 Which of these foods is a **source** of **vitamin C**?

**A** pineapples  
**B** strawberries  
**C** oranges  
**D** all of the above





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Answer Sheet

### Fruits Group - So Many Choices!

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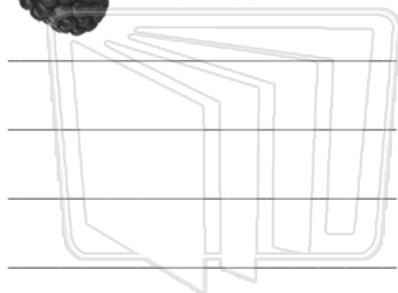


Berries

Melons



Other Fruits



## PREVIEW

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





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Answer Sheet

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- B
- C
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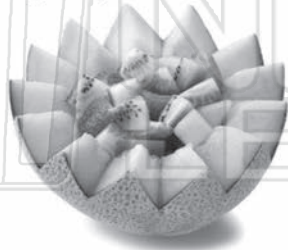


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