



# Healthy Hints



Providing Children Healthy Meals for Strong Minds

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## Eat a Rainbow of Fabulous Fruits!

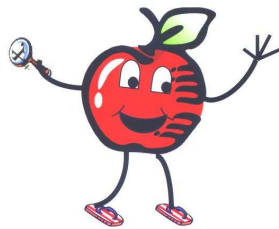
Hi, I'm Big Red, your friendly healthy food detective. Won't you join me in helping folks learn how to eat right to build strong minds and bodies?

Our job is mighty big. To be a healthy Food detective, you need to know how to eat right—which food and how much, and the right amount of fun exercise each day.

In each issue of **Healthy Hints**, we will talk about a specific issue, have a good time with some fun facts, a

fun activity and a fun recipe for you to try at home. So, let's get started!

Today's subject is fruit.



### Fun Facts

- Fruits are some of nature's treats—sweet and delicious.
- They give our bodies

lots of important nutrients.

- Plus, they help keep our digestive system going.
- And, are very important for eyesight and healthy skin.
- You need 1 1/2 cups every day.

### Did You Know?

- Concord grapes, along with cranberries and wild blueberries, are the only fruits native to North America?
- Dried grapes are called raisins, dried plums are called prunes.



## Draw Your Favorite Fruits on the Rainbow

How many do you eat each day? What are four fruits that are purple?

