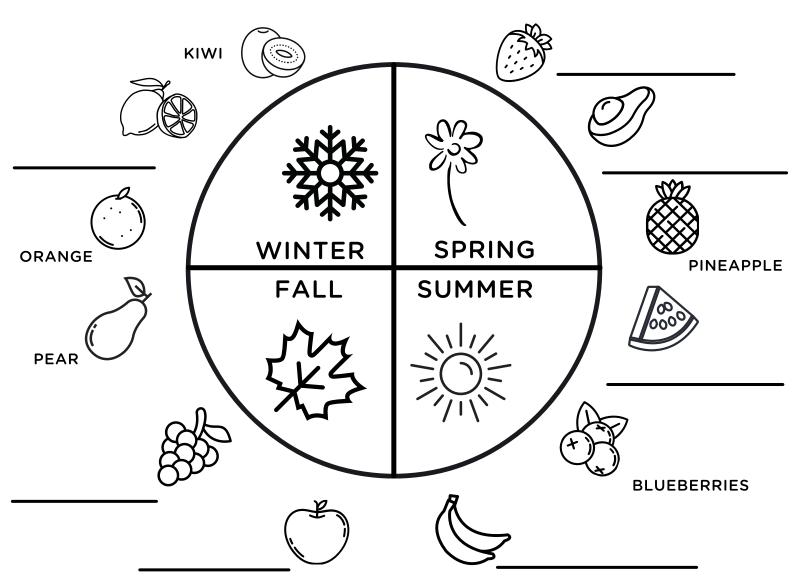
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HEALTHY TOPIC: FRUITS



HEALTHY TIP:

THIS IS A SEASONAL CLOCK OF FRUITS. IF YOU CHOOSE TO EAT THE FRUIT AT THE RIGHT TIME, IT WILL BE THE YUMMIEST! REMEMBER: ALL FRESH FRUITS ARE GO FOODS, ENJOY 4 HANDFULS OF THEM EVERY DAY!

PRODUCE ACTIVITY:

-Fill the names of the fruits in the blanks
-Use color pencils to fill the colors of the fruits
-Circle one fruit you like the best in each season and describe how it tastes.