

# 5-A-DAY

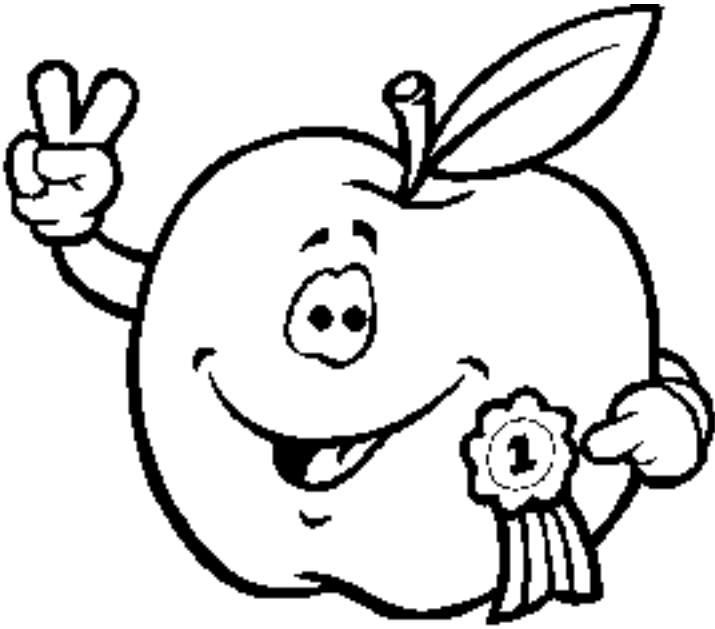
# Fruits and Vegetables



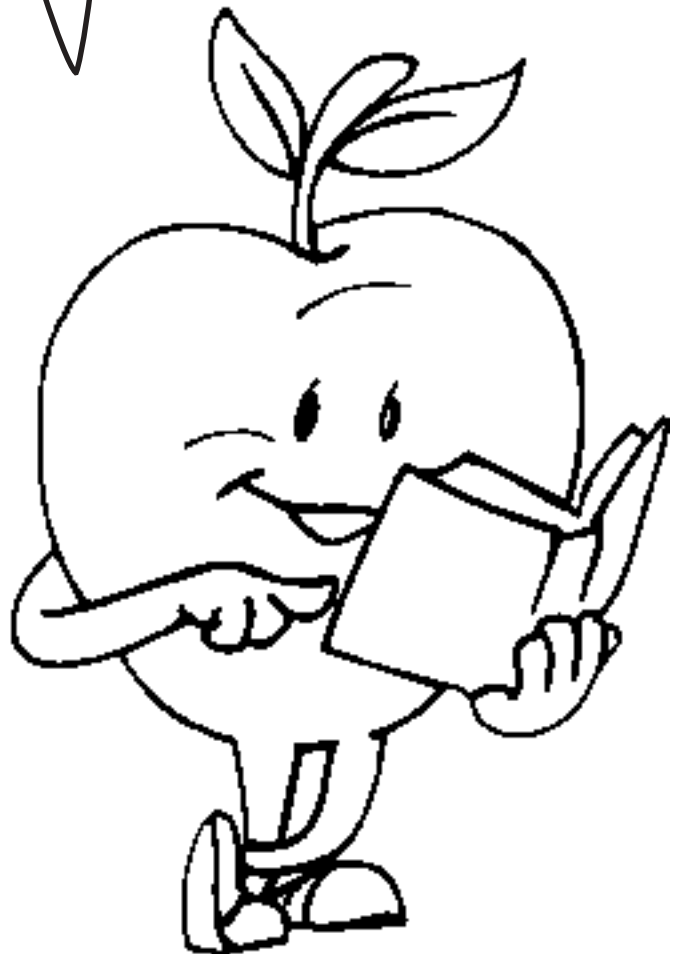
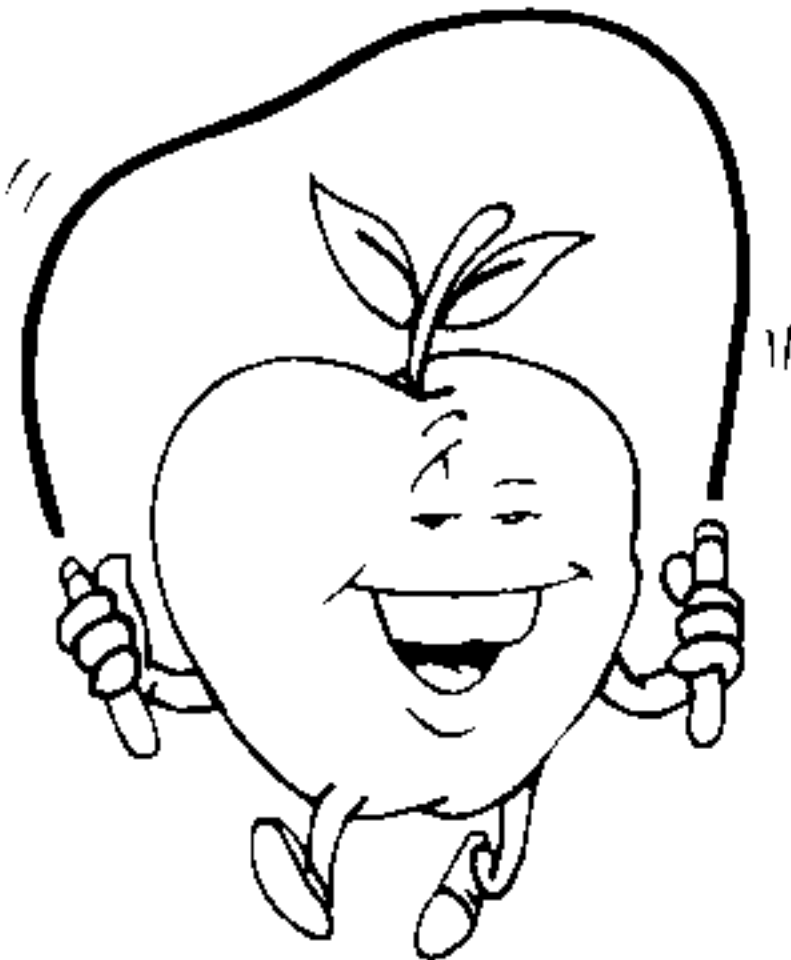
**EAT HEALTHY • STAY HEALTHY**



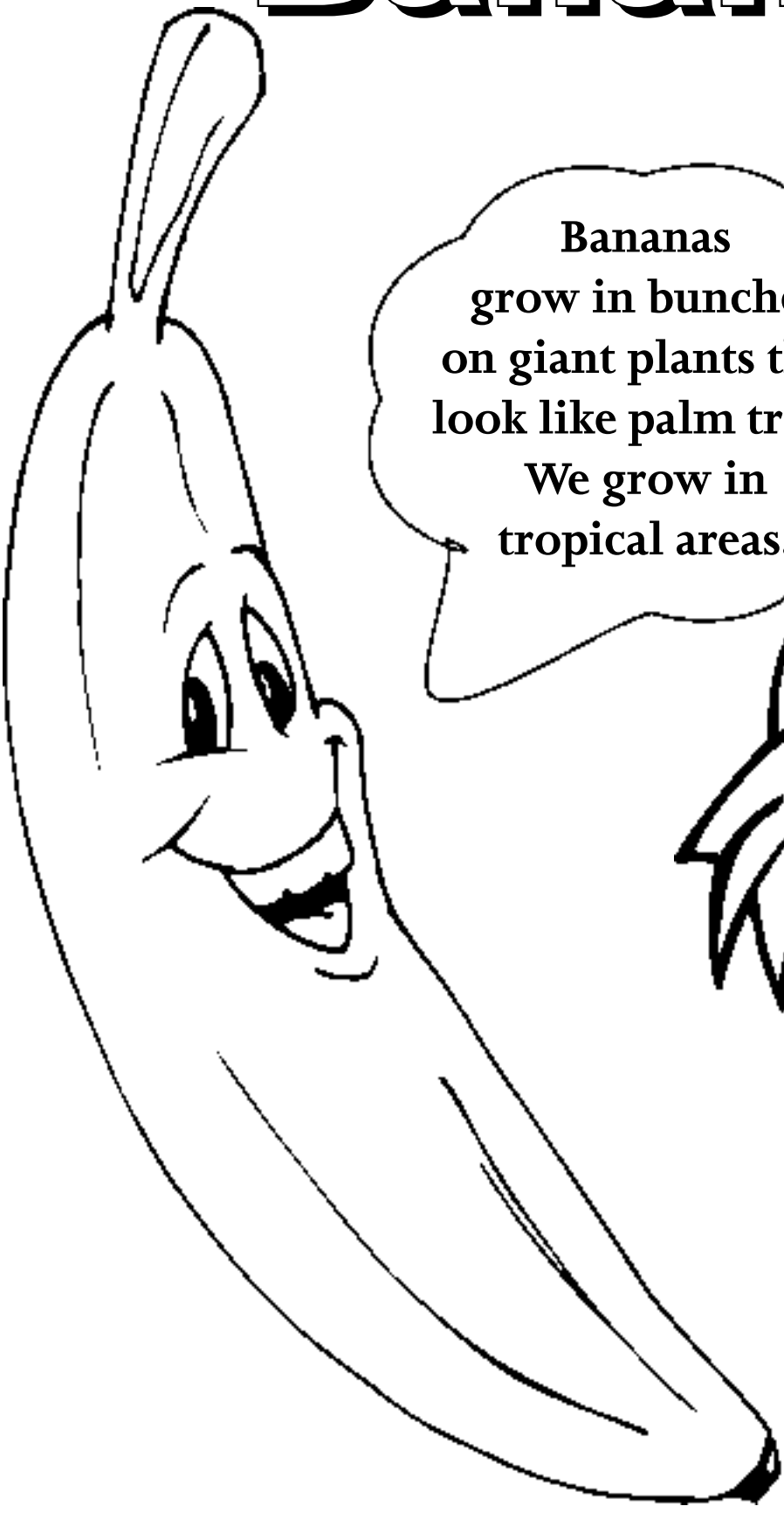
# Apples



Apples  
grow in fields  
full of fruit trees,  
called orchards.  
Try an apple for an  
afternoon snack!



# Bananas



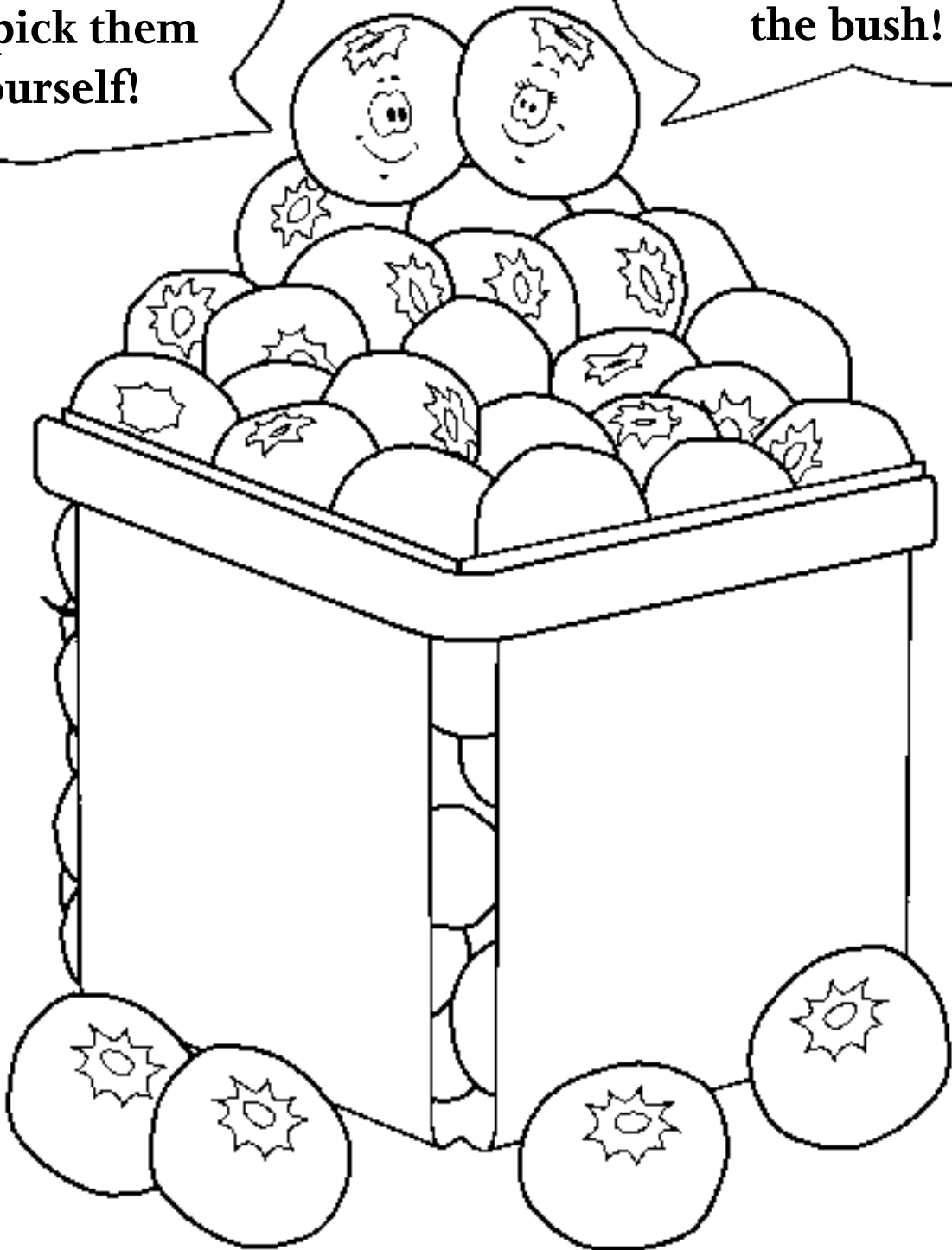
Bananas  
grow in bunches  
on giant plants that  
look like palm trees.  
We grow in  
tropical areas.



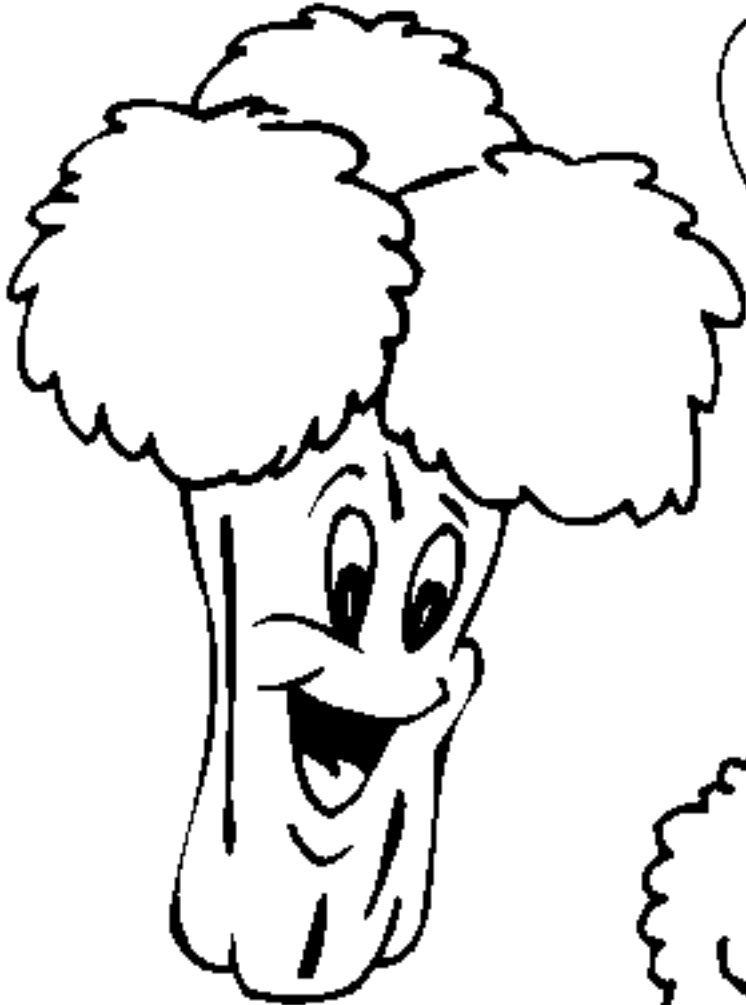
# Blueberries

Most blueberries are grown on “U-Pick” farms. That means you pick them yourself!

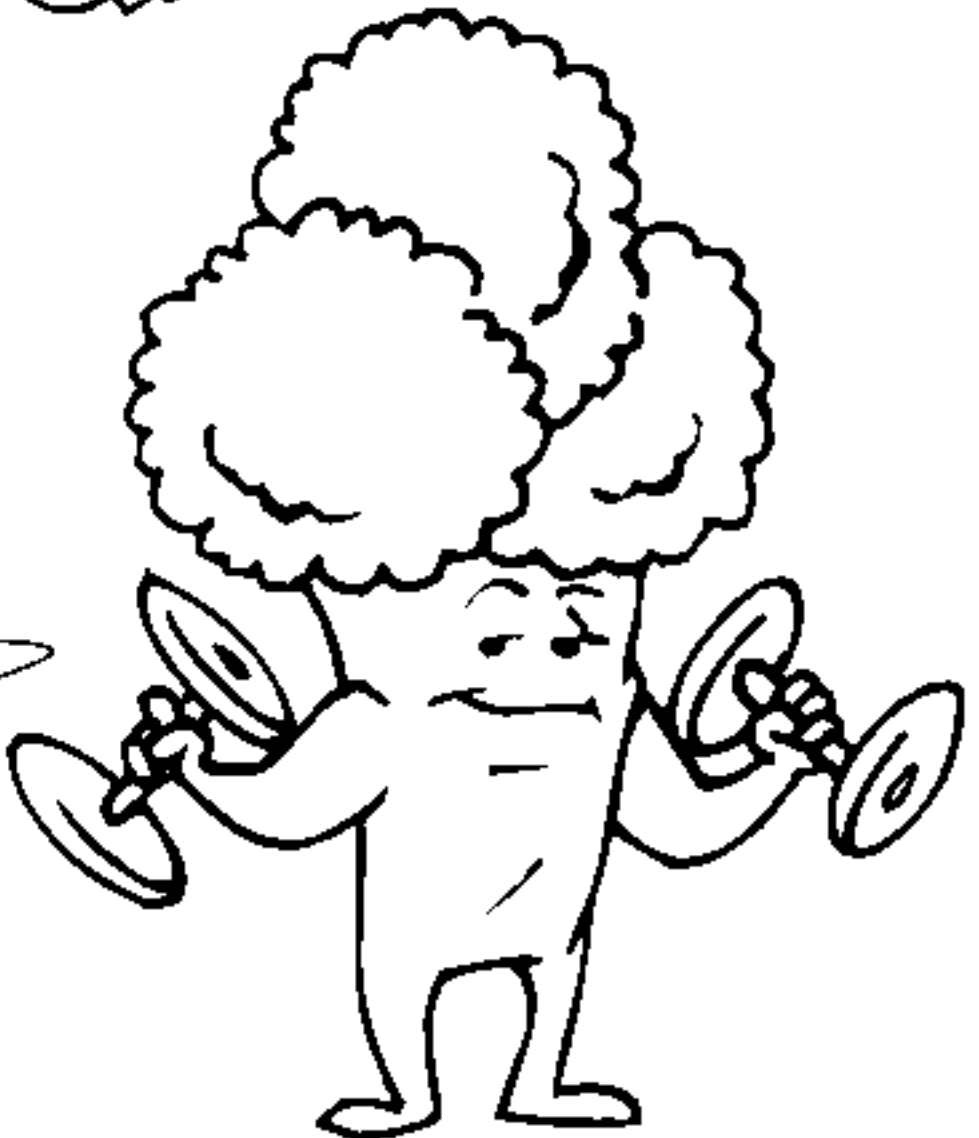
Blueberries grow on bushes. Pick me! I taste best right off the bush!



# Broccoli



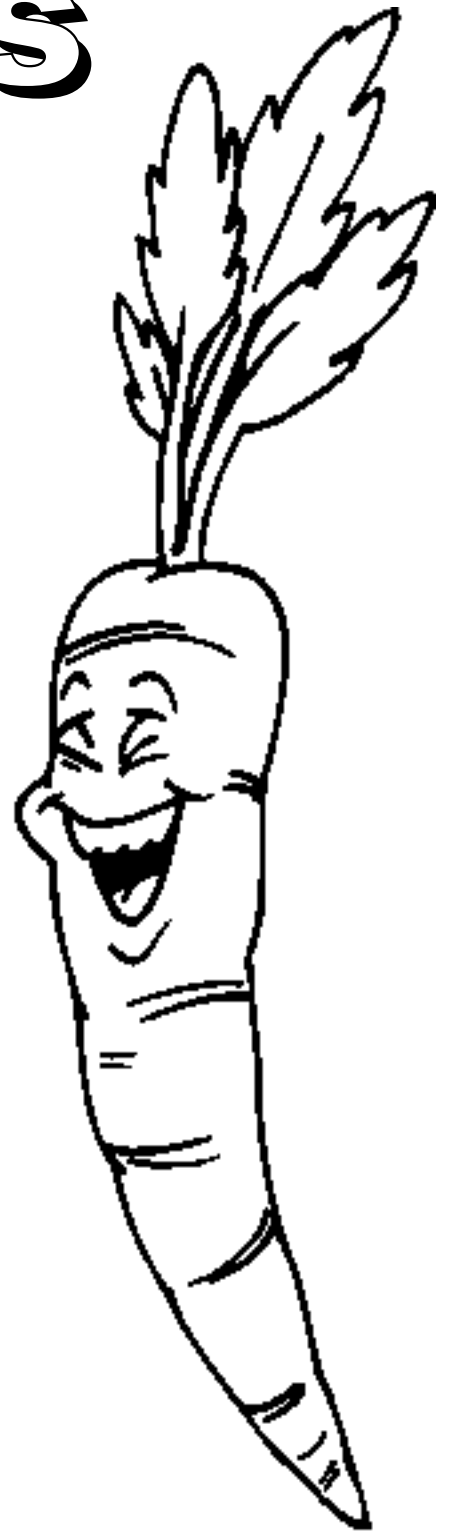
Broccoli has its food on its head. But you can also eat its bright green stalks.



Broccoli has lots of vitamin A!

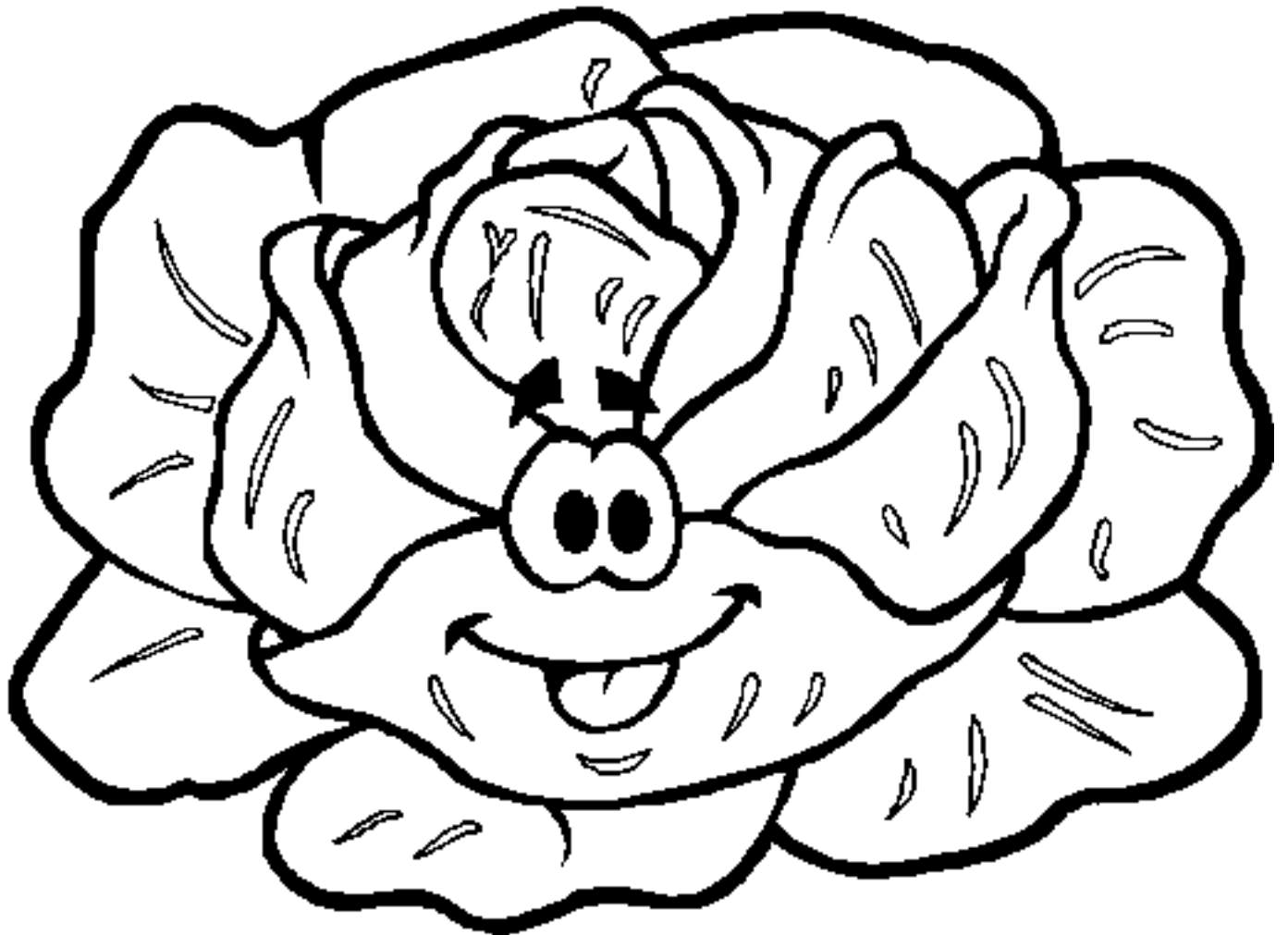
# Carrots

Carrots are roots that  
grow underground.  
Carrots have lots of  
vitamin A.



# Cabbage

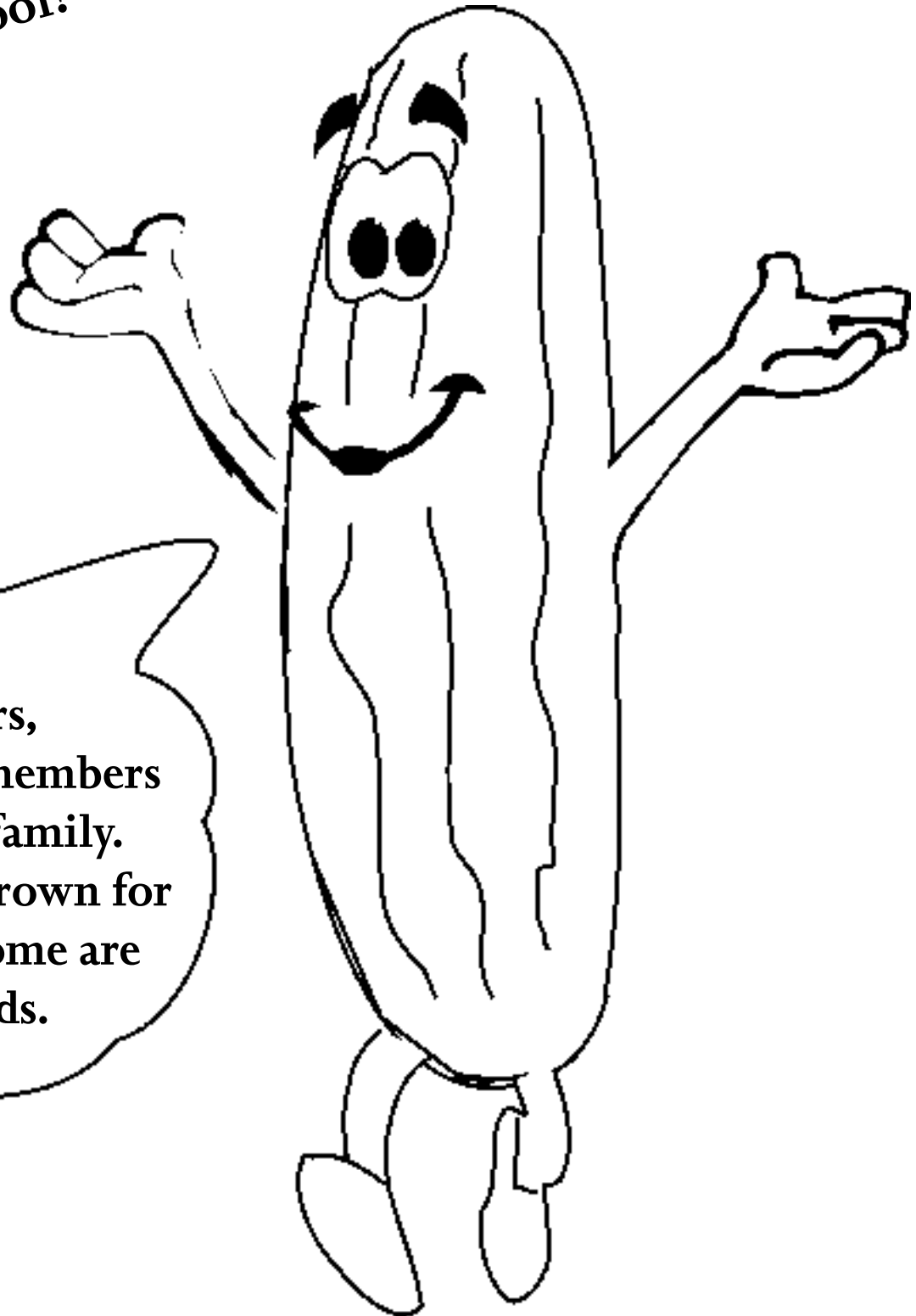
Cabbage grows in “heads” and looks like lettuce. It has lots of vitamin C, and it tastes great both cooked and raw!





# Cucumbers

*Cukes are cool!*

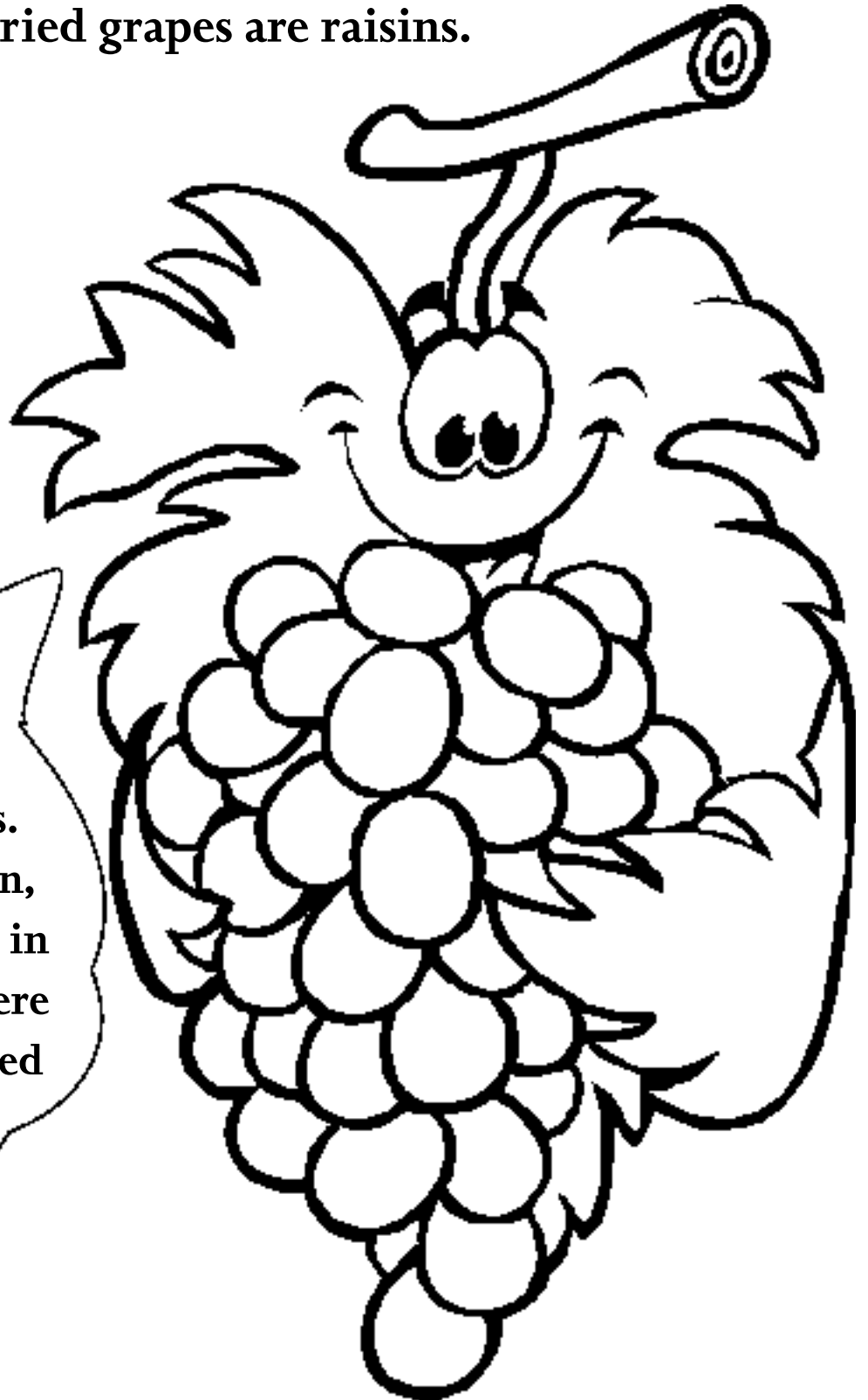


Cucumbers,  
or “cukes,” are members  
of the squash family.  
Most cukes are grown for  
pickling, but some are  
put in salads.

# Grapes

Grapes are great as a snack or as juice.

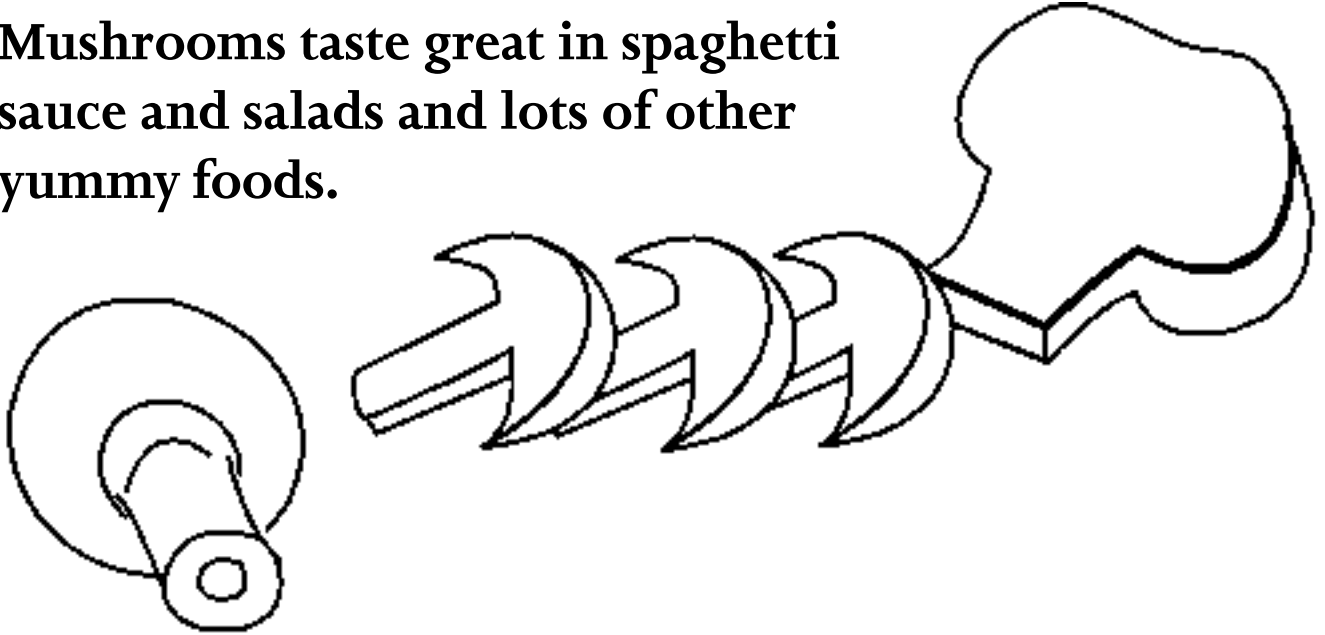
Dried grapes are raisins.



Grapes grow  
in clusters on vines.  
We can be pale green,  
red, purple, or black in  
color. The place where  
we are grown is called  
a vineyard.

# Mushrooms

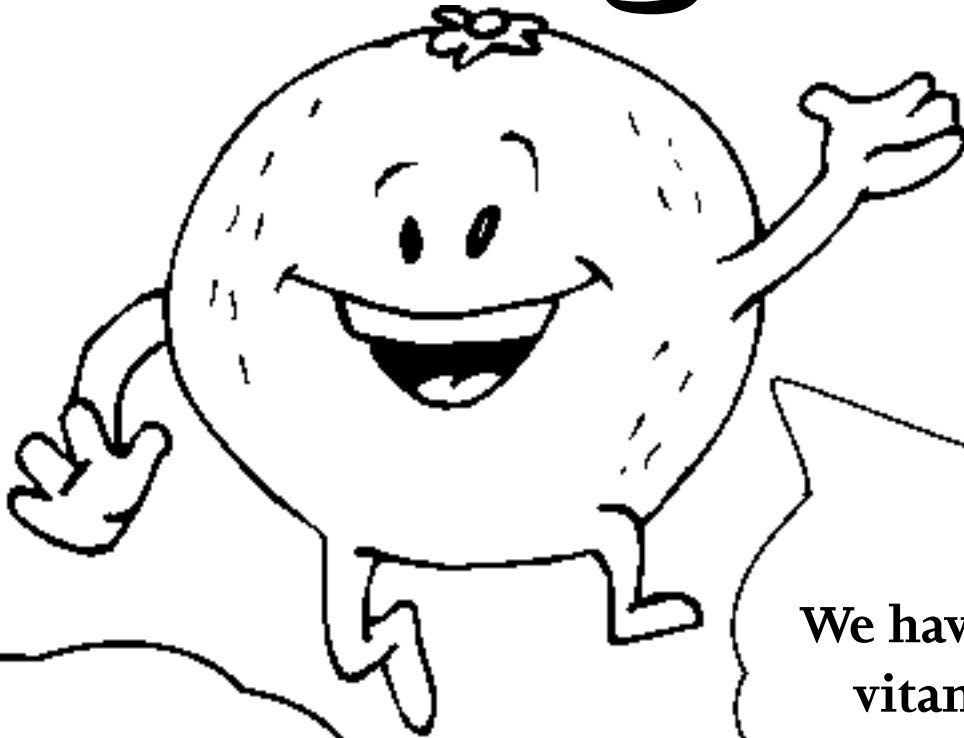
Mushrooms taste great in spaghetti sauce and salads and lots of other yummy foods.



Good mushrooms are grown in the dark by farmers. Don't eat the ones you find outside, because they could be poisonous!

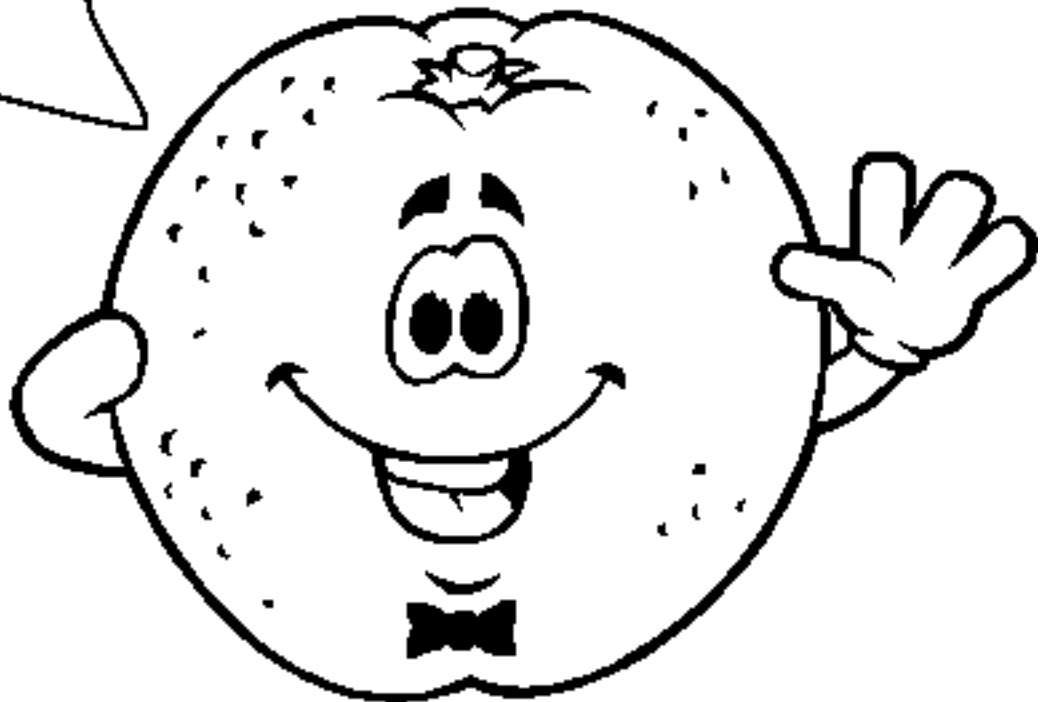


# Oranges



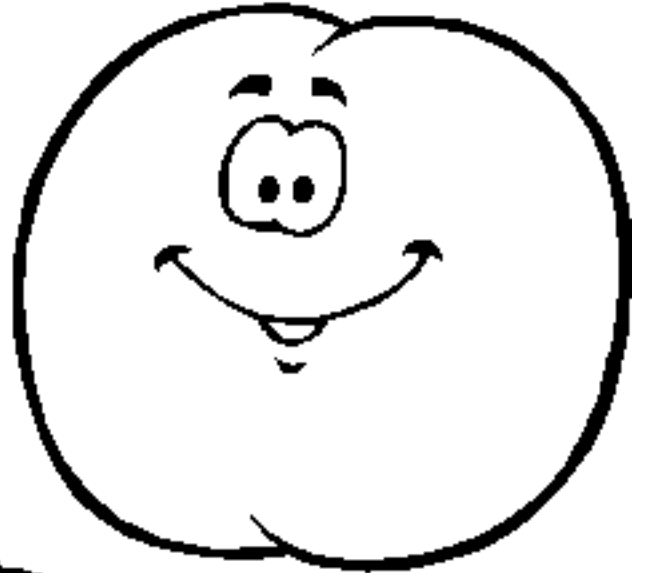
We have lots of  
vitamin C!

Juicy oranges  
are great for  
breakfast and snacks.  
Eat one today!

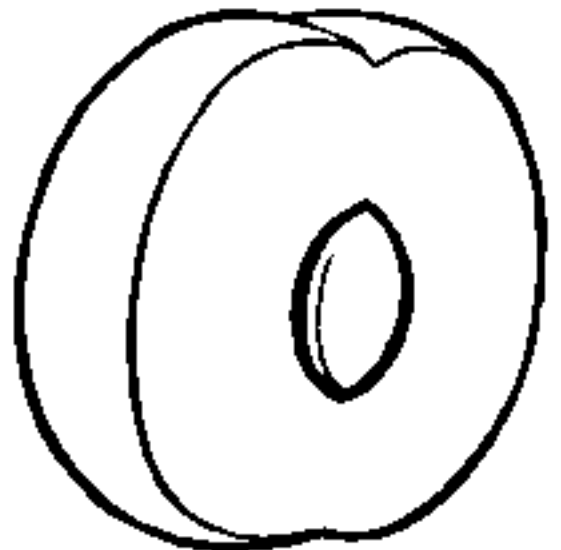
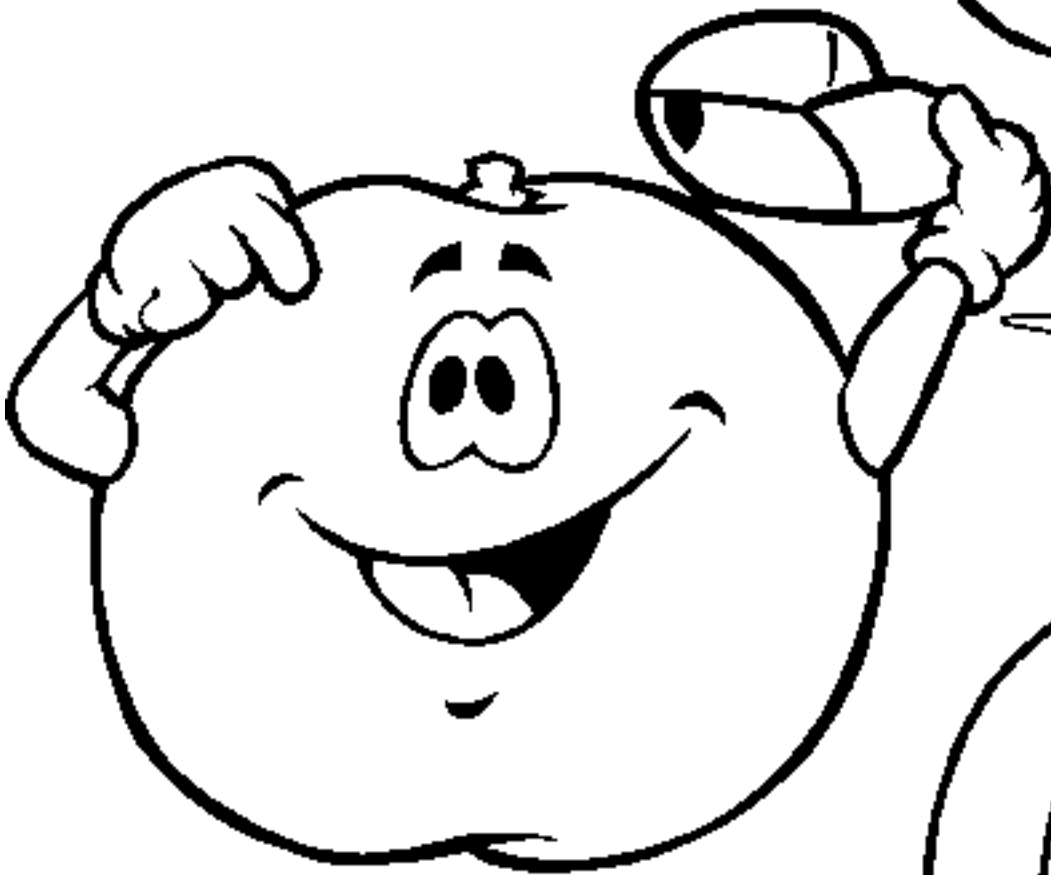


# Peaches

A peach has  
soft, fuzzy skin.  
You can peel it off or  
wash it and eat the  
whole peach.



Try me  
sliced on  
cereal!

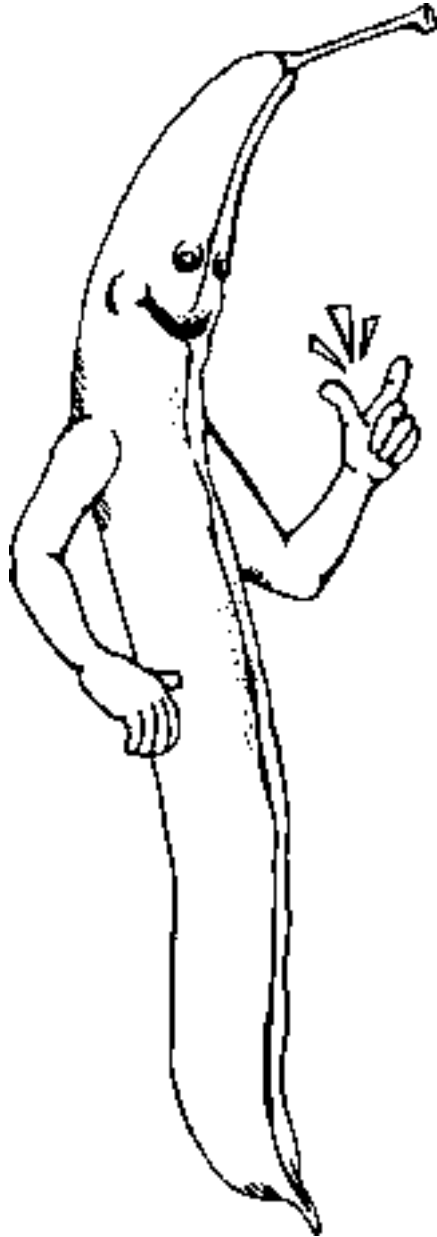


# Peas

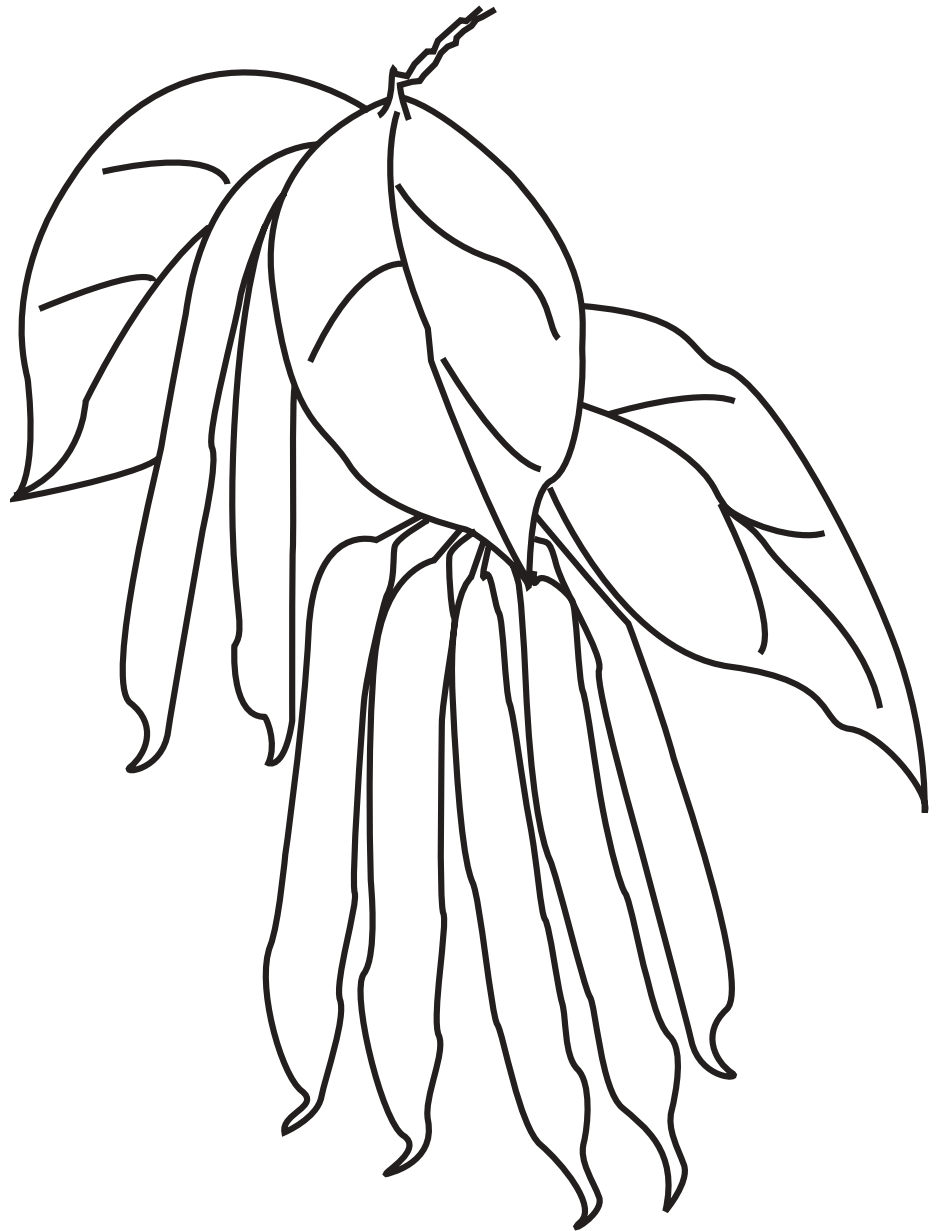


Peas  
grow in pods  
on small vines.  
We like to stick  
together!

# Snap Beans




We snap beans get  
our name from  
the sound we make  
when you break our  
skinny pods!



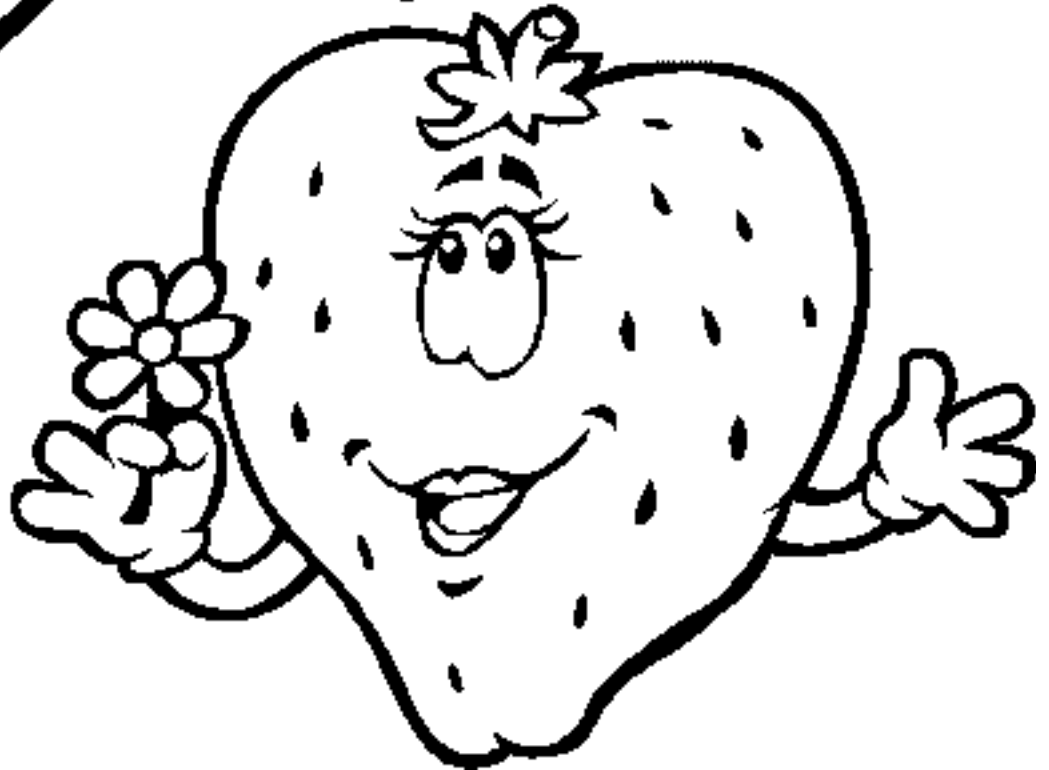
# Strawberries



Strawberries are  
easy to grow.



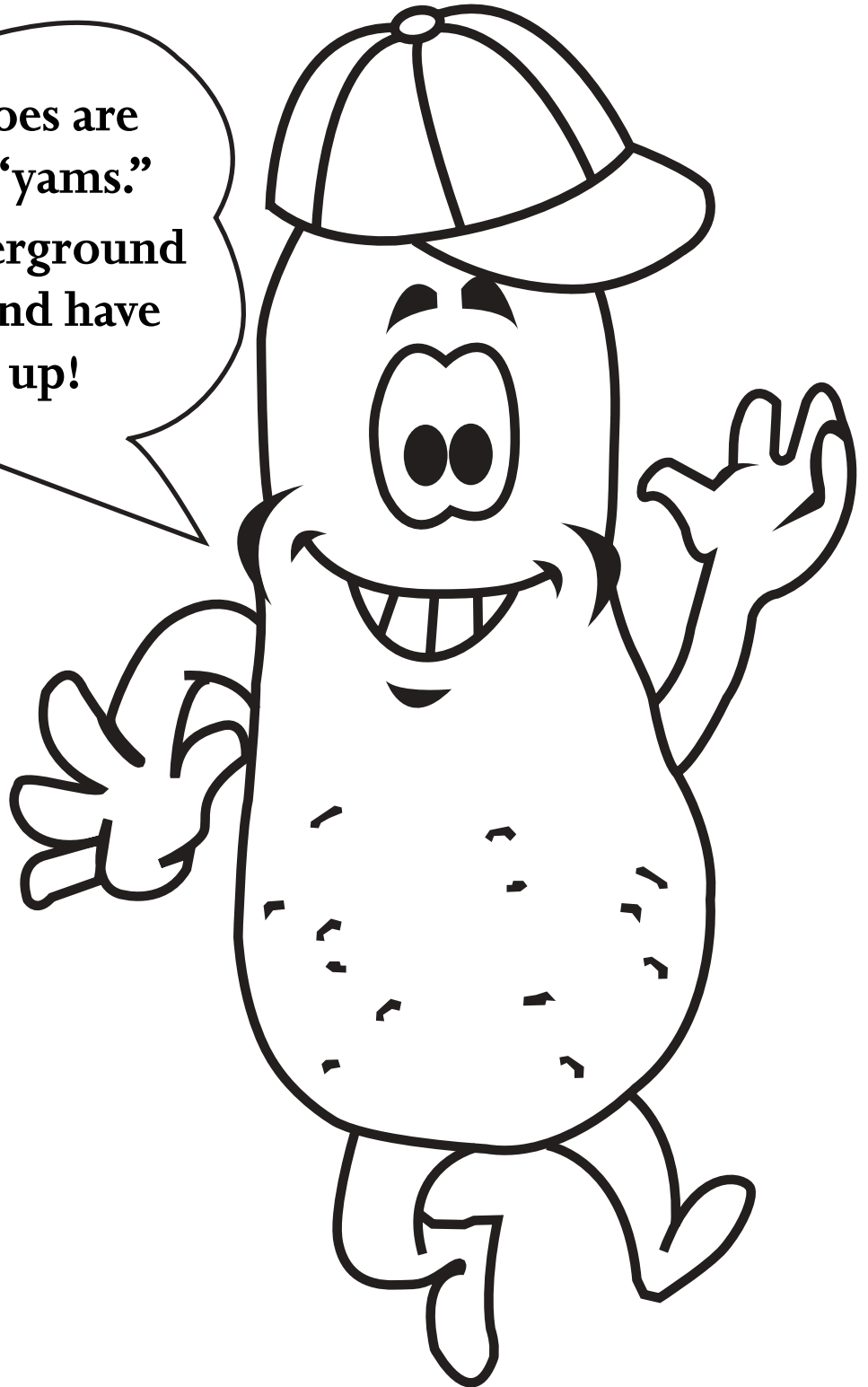
We are so yummy  
that the birds might get us  
before you can! Try fresh  
strawberries on your cereal  
or for dessert!





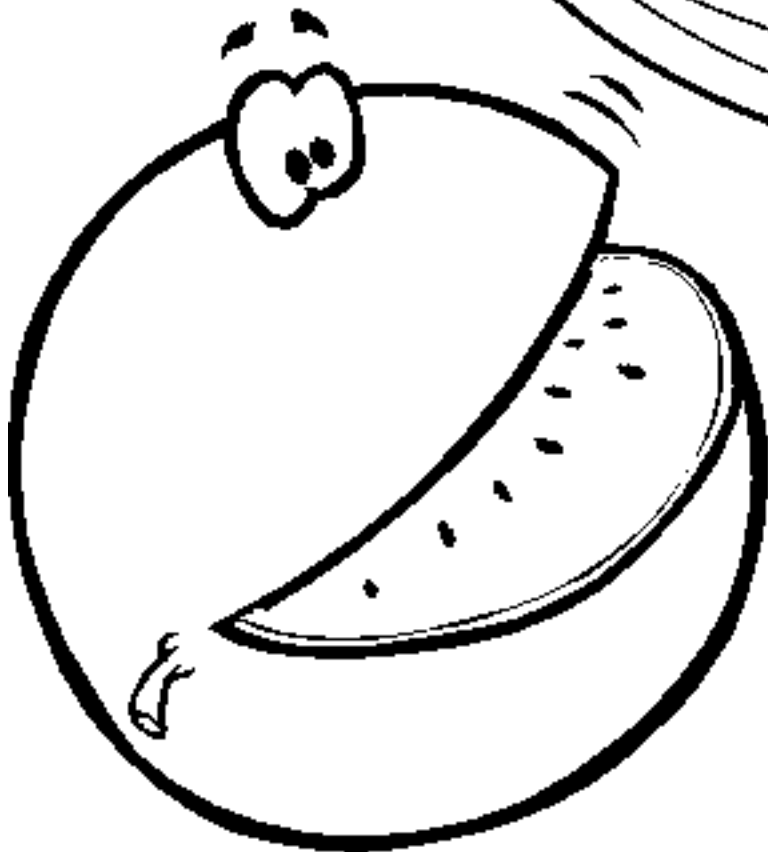
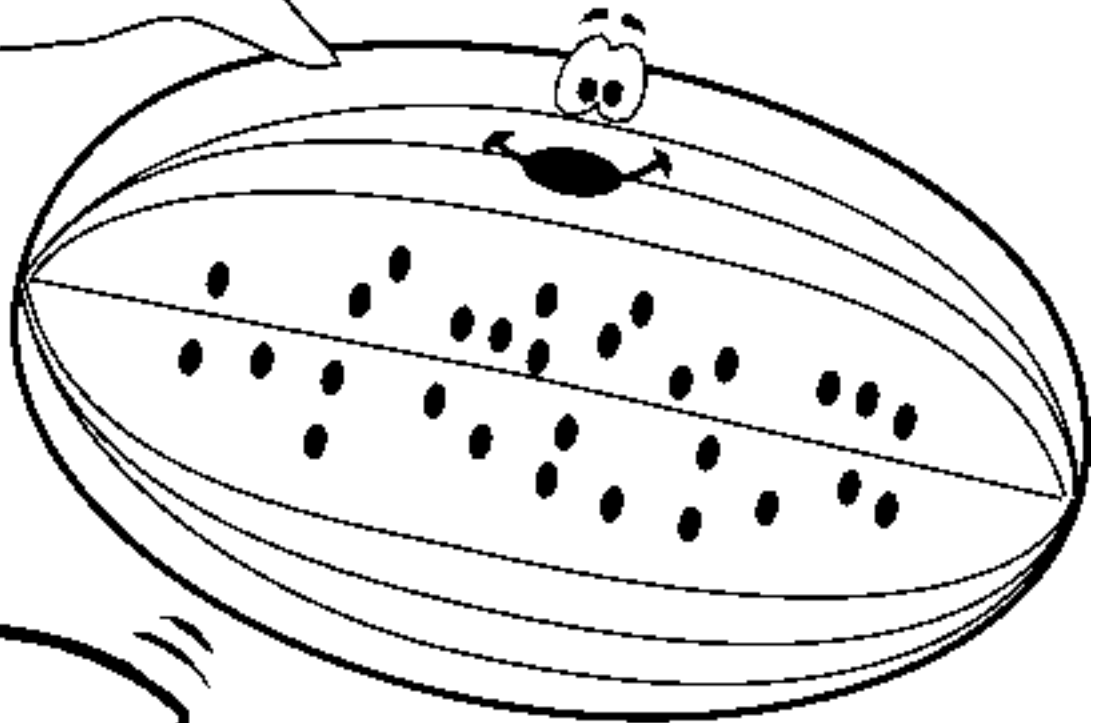
# Sweet Potatoes

Sweet potatoes are  
often called “yams.”  
We grow underground  
like carrots and have  
to be dug up!



# Watermelons

One watermelon vine can grow longer than 50 feet, and one watermelon can weigh as much as 100 pounds!



Watermelons can be different sizes and colors, but they all make a tasty summer treat!





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