

Lesson 5

The FRUITS Group

Yummy Fruits

Topic
Nutrition

Audience
2nd & 3rd Grades



Suggested Time
45 Minutes

NJ Core Curriculum Standards 2.1 Wellness

By the end of Grade 2, students will:

B. Nutrition

Choosing a balanced variety of nutritious foods contributes to wellness.

2.1.2.B.- 1. Explain why some foods are healthier to eat than others.

2.1.2.B.- 2. Explain how foods found on MyPlate differ in nutritional content and value.

Knowledge Objective(s)

The children will learn foods that belong in the Fruits Group.

The children will learn the importance of eating a rainbow of fruits to get vitamins A, vitamin C, fiber, potassium and phytochemicals.

The children will know the fruit has different parts: exocarp, mesocarp and endocarp.

Behavioral Objective(s)

The children will say what new fruits they would like to try.

The children will use the proper hand washing procedure.

Life Skill(s)

The children will make healthy choices.

The children will be reminded that hand washing keeps them from getting sick.

How This Activity Is Behaviorally Focused

The children use what they learn to choose new foods they will eat from the Fruits Group.

The children will use the proper hand washing procedure.

Supplies Needed

- MyPlate youth poster
- Fresh Fruit Kit with kiwifruit, papaya, mango, tangerine, or other fruit of your choice (may use food models or pictures instead)
- Grapes: seedless red, black or green
- Small paper cups for grapes
- Disposable gloves
- Wipes
- “Picture of a Rainbow” (at end of the lesson) laminated or “Catch A Rainbow Poster” available from Learning Zone Express: [click here](#)
- “The Three Parts of a Fruit” handouts“
- “Where’s The Fruit” handouts (2nd grade)
- “Rainbow Fruit Alphabet” handouts (2nd grade)
- “Kiwifruit Puzzle Fun” handouts (3rd grade)
- The Rainbow of Fruits Word Search” handouts (3rd grade only)
- “Fruits Car” from MyPlate Train

Teaching Tip(s)

Write new terms on the board.

New Term(s) For Children & Educators

Exocarp: is the skin, or outside that protects the fruit.

Mesocarp: is the middle part of the fruit that we eat.

Endocarp: is the part inside the fruit where the seeds are.

Phytochemicals or Fight-o-chemicals: are things the plant makes that can help protect us against disease.

Potassium: is a mineral that helps our hearts work well and our muscles to work right.

Vitamin C: is a vitamin that helps our bodies to heal, keeps our gums healthy and may reduce the risk of getting colds and flu.

Vitamin A: is a vitamin that helps us see better and keep our skin healthy.

Pre – Lesson Preparation

Have all hand outs and food samples you need to teach the lesson.

Make sure the fruit kit has the fruit you need: kiwifruit, papaya, mango, tangerine, or other fruit choices.

Hang MyPlate For Kids in front of the class.

Background Information for Educator

Fruit is the soft part of the plant that we eat. Fruit has seeds. Plants grow from seeds. Fruits are mostly carbohydrates. The carbohydrates in fruit are mostly

sugar and fiber. We get energy from the carbohydrates in fruits. Most fruits are very low in fat except for avocado which is 1/5 fat and coconut which is 1/3 fat. Only a very small amount of protein is found in fruits. Most fruits have a lot of water in them. Some fruits have more water than others like watermelon. Whole fruit is a better way to get your fiber than fruit juice. You can also get more phytochemicals in whole fruit. Some fruits have more fiber than others. Fruits that have a lot of fiber are apples, grapefruit, oranges, and raspberries. Fruit juice has little or no fiber. Some fruits are high in vitamin C. Fruits like fresh strawberries, oranges, grapefruits, cantaloupe, grapes, and kiwi are full of vitamin C. Vitamin C helps our bodies to heal and may make us less likely to get a cold or the flu. Fruits such as cantaloupe, apricot, and mango are very good sources of vitamin A and beta carotene which our bodies make into Vitamin A. Beta carotene gives the fruit its orange and yellow color. Vitamin A is good for our eyesight.

A fruit has three parts:

- The outer skin or cover that protects the plant is called the **Exocarp**. Sometimes we eat the skin and sometimes we peel the fruit first.
- The fleshy, soft middle of the plant is called the **Mesocarp**. It can also be called the flesh or pulp. This is the part we eat.
- The part that covers the seeds is called the **Endocarp**. This can be the outside of the pit like in a peach. This can also be the white stuff under the skin and between the sections of the orange or the hard shell around the seeds in the center of the apple.

Fruits have phytochemicals (“fight-o-chemicals”) and nutrients. A **phytochemical** is a chemical the plant makes to protect itself. Phytochemicals fight off disease. They also help us reduce the chance of getting disease when we eat them. They “fight” to protect our health and they help give plants their color. Even white or brown fruits and veggies have phytochemicals. So far we know of 900 phytochemicals in plants.

The less you process fruit the more nutrients it will have. Whole fruit is the best way to get fiber and nutrients but other types can be good too. If you are going to drink juice only 100% juice is good for you. When you look for juice make sure it is 100% juice and not a juice drink, -ade or cocktail. These drinks and others like them have very little fruit juice. They are mostly added sugar and water and little or no fiber. Even if you drink 100% juice, it is best to only drink it sometimes because it can still be high in sugar and not have much fiber. Also eat dried fruit only once in a while because it too has a lot of added sugar.

Listed below are some of the most common fruits we eat in the United States.

Bananas grow in tropical climates. They are picked green and ripen best after harvesting. As bananas ripen their skin becomes yellow. Bananas are the most popular fruit sold in the United States. There are different types of bananas. Some types like plantains can be cooked, fried or deep fried.

Citrus fruits are fruits like oranges, lemons, grapefruit, limes, tangerines, and kumquats. Citrus fruits are mostly grown in Florida, California, Texas, and Arizona. All citrus fruits are a good source of vitamin C. An orange is the fruit of a citrus tree and has a leathery peel and a fleshy inside that we can eat. The inside flesh is called pulp and is divided into 8 or more sections that contain tiny juice sacs and seeds.

Melons are large juicy round fruits that come from many types of plants that grow on the ground. Some fruits in this group are cantaloupe, honeydew and watermelon. Ripe cantaloupe has a sweet smell and you can hear the seeds rattle inside it when you shake it. The inside flesh of a cantaloupe is orange and the inside of a honeydew melon is green.

Kiwifruit is really a very large berry that is mostly flesh and usually has a few seeds. It is about the size of an egg with a fuzzy brown skin. It has bright green pulp with tiny black seeds that you can also eat. It can be eaten sliced or whole. Most people do not eat the skin.

Mangos are a juicy fruit that can taste like pineapple and peach. Mangoes are mostly grown in India but they grow in Central and South America and Southeast Asia too. Mangoes grow on trees. Mango skins are red and yellow when ripe. Mangoes have a very large pit and we do not eat the skin. .

Papayas are bell shaped fruits with one end smaller than the other. Their skin is smooth and leathery and changes from green to yellow when they ripen. The inside flesh of a papaya is golden yellow-orange and has many seeds in the center.

Grapes grow on vines in almost any climate. They can be many colors like red, green and purple. As grapes grow they get more sugar and get sweeter. Italy is where most of the grapes grow, then Chile and the United States. Grapes are tasty in fruit salads and chicken salads. They come with seeds and without.

NOTE: All lessons should be taught in sequence. However, if this is the first lesson, refer to the MyPlate lesson.

Activity 1

Briefly review MyPlate For Kids – Lesson 2 by asking the children to tell you the names of the food groups and why each one is good for you. (Refer to the MyPlate lesson for answers) Tell the children: “We are going to talk about fruits today”. This MyPlate review should take no more than 5 minutes.

1. Question: Ask the children: “Do you know what a fruit is?”
(Wait for the children to answer)

Answers may vary but should include:

- *A healthy food*
- *Sweet foods we eat for snacks*
- *A way to get nutrients, phytochemicals, and fiber.*
- *Foods that give us energy.*
- *Foods that have vitamins and minerals.*
- *The fleshy part of the plant that we eat that has the seed from which the plant grows.*

2. Question: Ask the children: “Who likes fruits raise your hands.”

3. Question: Ask the children: “What is your favorite fruit?”
Choose the answers of several children and right them on the board.

4. Question: Ask the children: “Why are fruits good for you?”

Answers may vary but should include:

- *Fruits give us energy.*
- *Fruits have carbohydrates.*
- *Fruits help us stay healthy.*
- *Fruits have vitamins and minerals like vitamins A and C, and potassium.*
- *Fruits are a good way to get fiber.*

Remind the children that carbohydrates give you energy to learn and play. Also fruits have vitamins and minerals to help our bodies stay healthy. Vitamin A helps you see better and keeps your skin healthy. Vitamin C helps to heal scrapes and cuts, helps you fight colds and the flu and helps keep your gums healthy. Potassium is a mineral that helps our hearts to work better and our muscles to work right. Fiber helps us push food through our bodies.

Hand out “The Three Parts of a Fruit” handout to the children. Tell them we are going to talk about the three parts of a fruit. Tell them you are going to write the parts of the fruit on the board. If you think they can, tell them they should write

the name of the part of the fruit on their paper as you write it on the board. If you don't think they will be able to write the words, tell them to repeat the name after you say it. Be sure to let them know not to worry about remembering the words that you just want them to know that fruit has three parts.

NOTE: Write the name of each part of the fruit on the board as you talk about it.

Tell the children the outside of the fruit is the exocarp.

5. Question: Ask the children: "What do you think the exocarp does?"

Answer: The exocarp is the skin of the fruit. It protects the inside of the fruit. For some fruits like apples, peaches and pears, we eat the skin because it has a lot of nutrients.

6. Question: Ask the children: "Can you think of a fruit whose exocarp or skin we don't eat?"

Answers will vary but should include: banana, orange, cantaloupe, watermelon, coconut, mango, and avocado.

Tell the children that the next part of fruit is the mesocarp.

7. Question: Ask the children: "What do you think the mesocarp is?"

Answer: The mesocarp, or middle of the fruit, is the fleshy inside of the fruit. The mesocarp is the part of the fruit that we always eat. It may be soft like a peach or hard like in an apple.

Tell the children that the next part of the fruit is the endocarp.

8. Question: Ask the children: "What do you think the endocarp is?"

Answer: The endocarp is the part of the fruit that covers the seeds. This can be like a pit in peaches or avocados. It can be the hard shell in the middle of an apple or a pear. Inside the endocarp or pit are the seeds of the fruit.

Show the children the fruits in the demo kit one by one. As you show them each fruit ask if anyone knows what it is. An alternative is to put 2 or 3 different fruits in a bag and have volunteers reach into the bag and tell you what fruits are in the bag.

9. Question: Ask the children: "How many of you like to eat candy?"

10. Question: Ask the children: “Why do you like to eat candy?”

Answers will vary but most will probably say: It is sweet and tastes good.

Tell the children that fruits are also sweet and taste good. You can eat them instead of candy. Fruit is much healthier for you. It has no added sugar and gives you nutrients. Fruit is like nature’s candy because it is sweet.

11. Question: Ask the children: “What vitamins do we get from fruit?”

Answer: Vitamins A and C which were mentioned before.

Remind the children that fruit also gives you fiber and phytochemicals to keep you healthy.

Hold up a laminated rainbow sheet, or instead use the “Catch a Rainbow Poster.”

12. Question: Ask the children: “What do you see in this picture?”

Answer: It is a rainbow.

13. Question: Ask the children: “What colors make up a rainbow?”

Answer: red, orange, yellow, green, blue and purple.

Write the colors on the board and ask the children to name some fruits that have a color found in the rainbow and write their responses on the board under the color.

Answers will vary, but can include the fruits listed below. It is suggested that you bring the chart from the NJ SNAP-Ed online “Colors of the Garden” lesson for reference.

Blue and purple: blueberries, purple grapes, plums, blackberries

Yellow/Orange: oranges, tangerines, apricots, peaches, mangoes, nectarines, papayas, cantaloupe, pineapple, lemons, and bananas

Red: strawberries, red grapes, raspberries, cherries, red grapefruit, watermelon, red apples

Green: kiwifruit, limes, green grapes, honeydew

14. Question: Ask the children: Have you ever heard the word phytochemical?

15. Question: Ask the children: “What do phytochemicals do and why are they good for us?”

(Write the term on the board and wait for the children to respond.)

Answer: The word is pronounced “fight – o – chemicals” (write on the board an equal sign next to phytochemicals). They fight to protect your health. They are things that plants make that can help prevent plant diseases but they help us fight disease also. Fruits that have bright rainbow colors usually have a lot of phytochemicals. Phytochemicals give plants their color. Even white and brown fruits have phytochemicals.

Tell the children that eating different fruits with many different colors can be good for their health and help them grow and learn better.

16. Question: Ask the children: “What are some of the ways we can eat fruit?”

Answers will vary, but should include:

- *fresh, uncooked or raw*
- *frozen*
- *canned*
- *dried like raisins or craisins.*
- *in or with desserts*
- *in jello*
- *in a meal*
- *as a snack*
- *with breakfast*
- *100% fruit juice, but not too much. Also remind the children that fruit drinks, fruit-ades, bottled teas, and fruit cocktails have only a little juice and a lot of added sugars.*

Ask the children what way they eat their fruit.

Ask the children to tell you which new ways they will eat fruit at home and at school.

Activity 2

Use these handouts if you need time to set up grapes to give out in class:
Hand *Where’s The Fruit* to 2nd grade and *Kiwi Puzzle Fun* to 3rd grade.

Have the class work on these handouts while you set up the grapes for a snack. If the students do not finish this activity once you are ready to give them the grapes remind them they can come back to it later. If there is time ask the children to share their answers with the class and correct any mistakes. If there is not enough time to complete these activities you can also leave them with the teacher.

Tell the children we are going to taste grapes (red, black or green).

1. Question: Ask the children: “What is the first thing we do before we touch any food?”

Answer: We wash our hands. NOTE: Review the 5 steps of the hand washing with the children if they did not participate in the “Clean Hands- Lesson 1.”

Hand washing steps

1. Turn on faucet and wet hands thoroughly with warm water.
2. Apply soap to your hand and wrists.
3. Wash for 20 seconds. The children can time 20 seconds of hand washing by saying “1Mississippi, 2 Mississippi, up to 20 Mississippi.” Remind the children to wash between fingers and under nails.
4. Rinse well.
5. Dry with paper towel and use it to turn off faucet.

If the school allows wipes in the classroom, the children can use the wipes instead of washing under the faucet. Hand out the wipes to the children and have them wash their hands for 20 seconds while they sing 1Mississippi, 2Mississippi, etc. up to 20.

Before passing out grapes, please check with the teacher to find out if anyone in the class has allergies. Pass out a small cup with each kind of grape that you have to each of the children.

2. Question: Ask the children to describe the taste and texture of the grapes.

Answers may vary but may include: Grapes taste sweet and juicy. Grapes feel smooth on the outside and mushy on the inside. They pop when you bite them.

3. Question: Ask the children: “Did you like the grapes?”

Answers will vary.

4. Question: Ask the children: “Would you eat them again?”

Answers will vary.

5. Ask the children to tell you what new fruit they would like to try at home that they have not already tried.

Optional Activity in place of Activity 2 if you do not give the children grapes or in addition to Activity 2 if there is time.

Hand out the *Rainbow Fruit Alphabet* handouts to 2nd grade and *The Rainbow of Fruits Word Search* handouts to 3rd grade. If there is not enough time to complete these 2 handouts, leave them with the teacher.

Conclusion

1. Question: Ask the children: “What did you learn about fruits today?”

Answers should include:

- *Fruits are sweet and juicy and good to eat*
- *Fruits have carbohydrates that give us energy*
- *Fruit gives us fiber*
- *Fruit has vitamins like A and C and minerals like potassium that help us stay healthy*
- *Fruits have phytochemicals that give plants their color and can help lower the risk of disease*
- *Fruits are all colors of the rainbow*
- *We should eat different colors of fruit each day*
- *Fruit has three parts: the exocarp or skin, the mesocarp or fleshy part we eat, and the endocarp which protects the seeds from which the plants grow*
- *We can eat fruit many different ways: uncooked or raw, frozen, canned, dried, as a snack, in desserts and with meals*

2. Question: Ask the children: “Why are fruits good for you?”

Answer should include:

- *They have fiber that helps food move through your body*
- *They give you energy*
- *They have vitamins like A and C and minerals that keep you healthy*
- *They have phytochemicals that keep you healthy*
- *They will help you grow and learn better*

3. Question: Ask the children: “What fruits will you try to eat each day?”

Answers will vary.

Thank the class and leave the “Fruits” car from MyPlate Train with the teacher.

NOTE: Lessons are written in sequence. The engine part of MyPlate train is left with the teacher in *MyPlate for Kids Lesson 2*. At the end of each of the remaining lessons, the children receive the other food group train cars to complete the train.

References

Chef Solus Fruit Group Word Search Puzzle from Nourish Interactive at:
Accessed February 2013

Exocarp. Rutgers NJAES & Cooperative Extension System, November 8, 2011.
<http://www.extension.org/pages/55717/exocarp>

Functional Foods Fact Sheet accessed from USDA National Agricultural Library
at
http://www.foodinsight.org/Resources/Detail.aspx?topic=Functional_Foods_Fact_Sheet_Antioxidants ; Accessed February 12, 2013

Nutrient Information for Fruits and Vegetables. Centers for Disease Control and
Prevention, June 28, 2012.
<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html>

Phytochemical. National Cancer Institute Drug Dictionary.
<http://www.cancer.gov/drugdictionary?cdrid=539361>. Accessed April 11, 2013.

Phytochemical Info Center FAQs at Produce for Better Health Foundation:
<http://pbhfoundation.org/about/res/pic/faqs/> Accessed May 22, 2014

What Foods Are In the Fruit Group? USDA: Choose MyPlate.gov.
<http://www.choosemyplate.gov/food-groups/fruits.html> Accessed April 11, 2013.

Adapted from *SMART FOODS ROCK* Curriculum created by NJ SNAP-Ed Union
County staff.



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



To Apply for SNAP call 1-800-328-3838

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

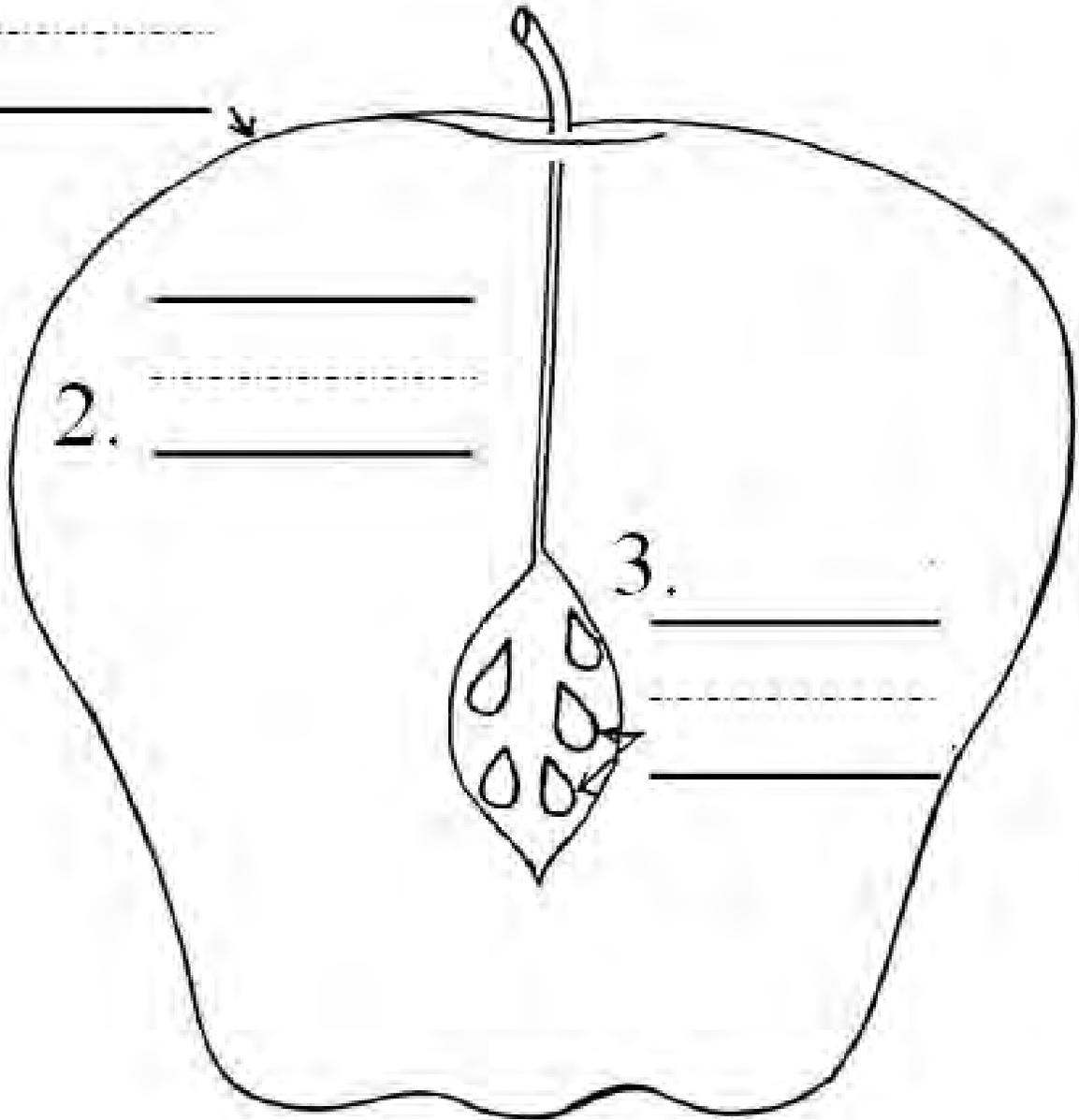
The Three Parts of the Fruit

(3rd Grade)

1.

2.

3.



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

To Apply for SNAP call 1-800-328-3838

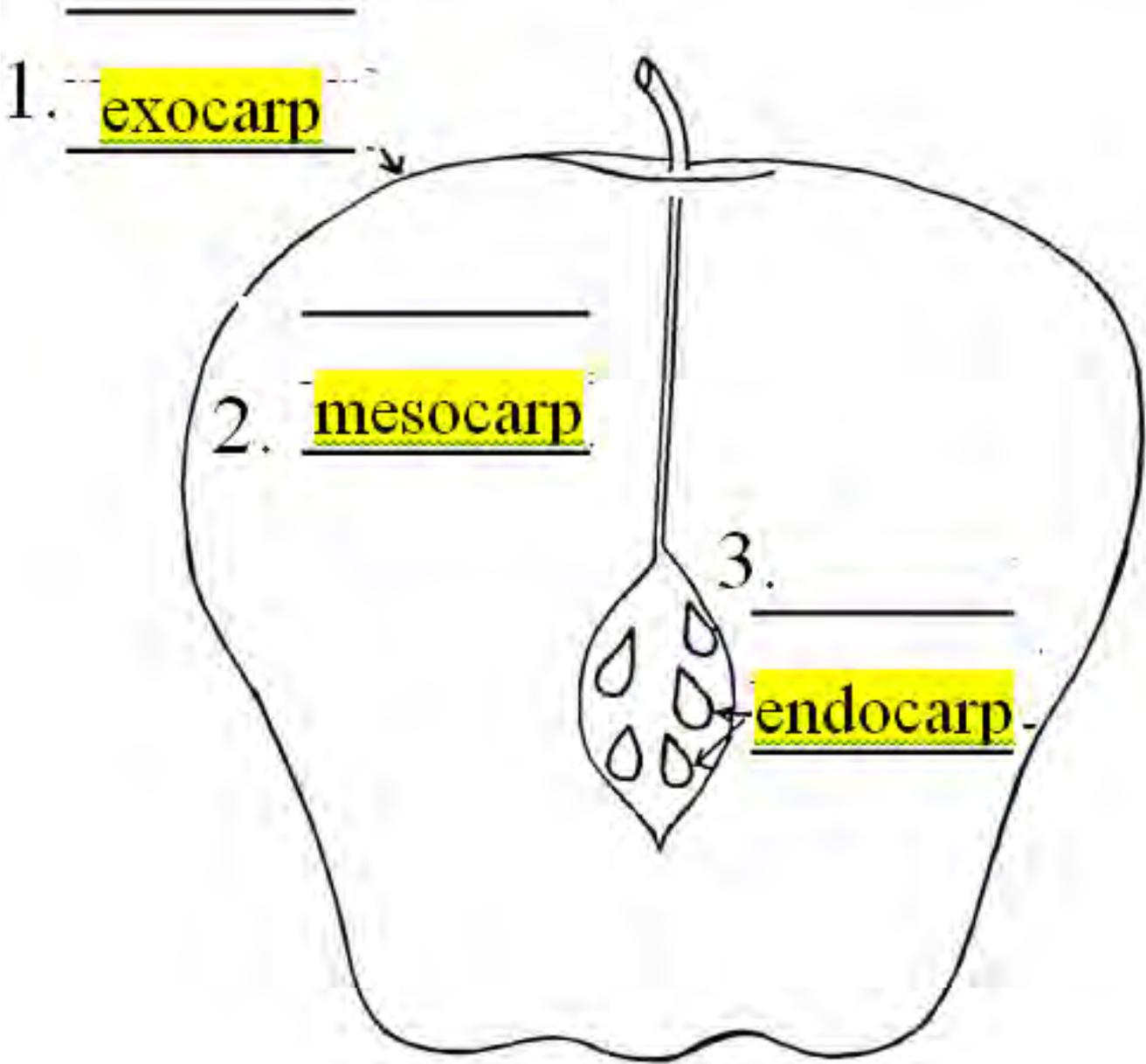
Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



The Three Parts of the Fruit

(3rd Grade)

Name _____







NAME _____

Where's the Fruit?

SKIM MILK	EGGS	BROCCOLI	KIWI
PEANUT BUTTER	YOGURT	GRAPEFRUIT	RICE
NOODLES	BUTTER	GREEN BEANS	GRAPES
CEREAL	ORANGE	SPINACH	CANTALOUPE
STEAK	MAYONNAISE	TANGERINES	ROLLS



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

To Apply for SNAP call 1-800-328-3838

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station



Answer Sheet

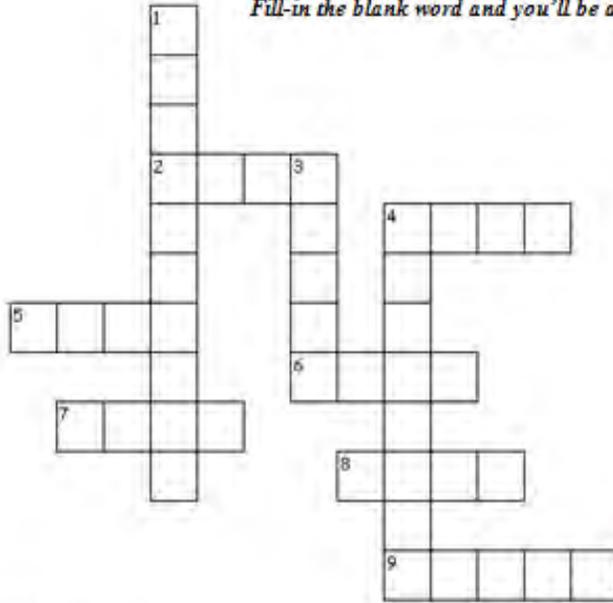
Where's the Fruit?

SKIM MILK	EGGS	BROCCOLI	KIWI
PEANUT BUTTER	YOGURT	GRAPEFRUIT	RICE
NOODLES	BUTTER	GREEN BEANS	GRAPES
CEREAL	ORANGE	SPINACH	CANTALOUPE
STEAK	MAYONNAISE	TANGERINES	ROLLS

Name _____

Kiwifruit Puzzle Fun

Fill-in the blank word and you'll be able to solve the puzzle!



Across

2. Select kiwifruit that is plump and _____ to the touch.
4. Kiwifruit grows on a _____ like grapes.
5. True or False: Kiwifruit is a good source of dietary fiber.
6. Kiwifruit is available all _____.
7. Today's name for kiwifruit came from the Kiwi _____, the national symbol of New Zealand.
8. Yang Tao was the original Chinese name for _____.
9. Kiwifruit first came from _____.

Down

1. Kiwifruit used to be called Chinese _____.
3. Kiwifruit tastes sweet and _____.
4. Kiwifruit is high in _____.

TRUE	SOFT	TANGY
BIRD	KIWI	CHINA
YEAR	VINE	VITAMIN C
GOOSEBERRY		



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



To Apply for SNAP call 1-800-328-3838

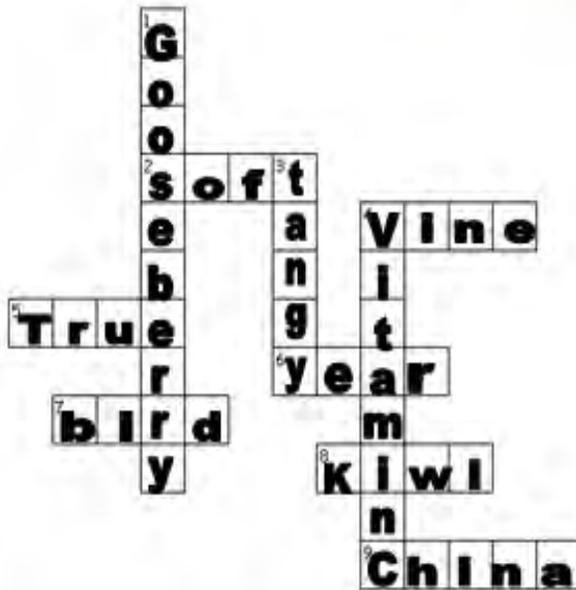
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

Answer Sheet

Kiwifruit Puzzle Fun



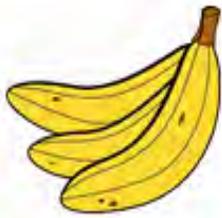
Across

2. Select kiwifruit that is plump and **JUICY** to the touch.
4. Kiwifruit grows on a **VINE** like grapes.
5. True or False: Kiwifruit is a good source of dietary fiber. **TRUE**
6. Kiwifruit is available all **YEAR**.
7. Today's name for kiwifruit came from the Kiwi **BIRD**, the national symbol of New Zealand.
8. Yang Tao was the original Chinese name for **KIWI**.
9. Kiwifruit first came from **CHINA**.

Down

1. Kiwifruit used to be called Chinese **GOOSEBERRY**.
3. Kiwifruit tastes sweet and **TANGY**.
4. Kiwifruit is high in **VITAMIN C**.

Name _____



RAINBOW FRUIT ALPHABET

Arrange the fruits in alphabetical order and write the color of the fruit in the space provided.

<i>grapefruit</i>	<i>peach</i>	<i>kiwifruit</i>	<i>blueberry</i>
<i>mango</i>	<i>tangerine</i>	<i>orange</i>	<i>grapes</i>
	<i>banana</i>	<i>cantaloupe</i>	

FRUIT

COLOR



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

To Apply for SNAP call 1-800-328-3838

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station

ANSWER KEY



RAINBOW FRUIT ALPHABET

Arrange the fruits in alphabetical order and write the color of the fruit in the space provided.

<i>grapefruit</i>	<i>peach</i>	<i>kiwifruit</i>	<i>blueberry</i>
<i>mango</i>	<i>tangerine</i>	<i>orange</i>	<i>grapes</i>
	<i>banana</i>	<i>cantaloupe</i>	

FRUIT

Banana

Blueberry

Cantaloupe

Grapefruit

Grapes

Kiwifruit

Mango

Orange

Peach

Tangerine

COLOR

Yellow

Purple

Orange

Yellow

Purple

Green

Yellow

Orange

Yellow

Orange



Name _____



THE RAINBOW OF FRUITS

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

APPLE
 CANTALOUPE
 KIWI
 ORANGE
 PLUM

APRICOT
 GRAPEFRUIT
 MANGO
 PAPAYA
 PRUNES

BANANA
 GRAPES
 NECTARINE
 PEACH
 WATERMELON



NJ SNAP-Ed
 NJ Supplemental Nutrition Assistance Program-Education
 USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/ftp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
 New Jersey Agricultural Experiment Station

To Apply for SNAP call 1-800-328-3838

ANSWER SHEET



THE RAINBOW OF FRUITS

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

APPLE
CANTALOUPE
KIWI
ORANGE
PLUM

APRICOT
GRAPEFRUIT
MANGO
PAPAYA
PRUNES

BANANA
GRAPES
NECTARINE
PEACH
WATERMELON

The Fruit Group

