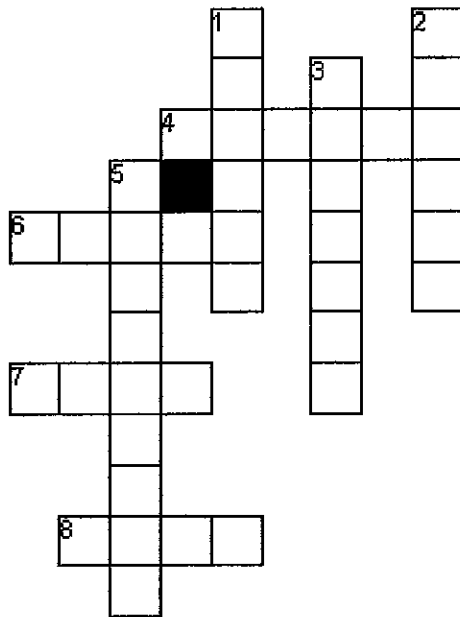


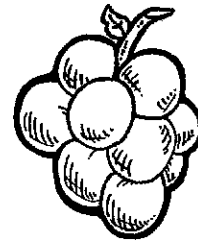
Fruity Fun!

Complete the puzzle by solving the riddles shown below.



Word List:

- Banana
- Grapes
- Juice
- Orange
- Pear
- Pineapple
- Plum
- Raisins



So-Berry-Good Smoothies

Ingredients:

- 1 cup frozen berries (strawberries, blueberries or raspberries)
 - 1 frozen banana, broken into chunks
 - 1 cup vanilla yogurt
 - 1 c. nonfat or 1% milk
 - 2-4 tsp. sugar (depending on the sweetness of the berries)
- Combine all ingredients in the blender; process until smooth. Serve immediately.
Makes 4 servings.

ACROSS

4. Long and yellow, I'm "a-peeling" to both kids and monkeys.
6. I'm the liquid form of fruit. To find the real me, look for 100%!
7. When you hear my name, you might think there are two of me.
8. I rhyme with YUM (and that's also how I taste!).

DOWN

1. We can be red or green and we like to hang around in bunches.
2. My name and my color are the same.
3. We're the "dried up" version of clue #1
5. If you split my name in half, you will find two kinds of trees (HINT: One is a fruit tree).

Do you eat enough fruit?

Every day, try to eat 2-4 servings. Below are examples of one serving of fruit.

- | | |
|-------------------|-------------------------|
| 1 medium apple | ¼ c. 100% fruit juice |
| 1 medium orange | ½ c. fresh fruit chunks |
| ¼ c. raisins | ½ c. grapes or berries |
| ½ c. canned fruit | 1 medium banana |



Keep a list of the fruit you eat today:

1. _____
2. _____
3. _____
4. _____

