

Fruits & Veggies: Half Your Plate



EATING SMART
BEING ACTIVE

Fruits and vegetables are important

- They have **vitamins, minerals, and fiber.**
- Make **half your plate** fruits and vegetables.



Choose a variety

- Variety means **eating more than one kind of** vegetable and fruit each day.
- Choose **different colors.**
- Choose **fresh, frozen, canned, or dried.**



Fruits & Veggies: Half Your Plate Worksheet 66-ESBA

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EATING SMART
BEING ACTIVE



To **eat more** fruits and vegetables, one thing I will do is:



To have **more variety** of fruits and vegetables, one thing I will do is:



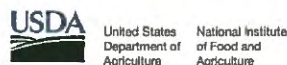
I will be **more physically active** this week by:



Our **next lesson** will be on _____ at _____.

(day)

(time)



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Make half your plate fruits and vegetables





Create a meal

Draw a meal on the plate. Be sure to make half your plate fruits and vegetables!



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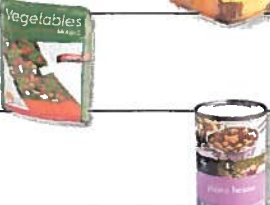



EATING SMART
BEING ACTIVE

Save money when buying fruits and vegetables

- Use weekly grocery store flyers.
- Buy fresh produce in-season.
- Buy frozen concentrate instead of fresh or canned juices.
- Prepare it yourself – washed, sliced, chopped, and shredded fresh fruits and vegetables cost more.

Storing fruits and vegetables

Fruit or vegetables	Where to store
 Onions, potatoes, sweet potatoes	Cool, dark place. Cut any green areas off potatoes – they are not safe to eat.
 Bananas, whole tomatoes, and citrus fruits	Room temperature
 Other fruits and vegetables	Lower refrigerator drawers
 Leftover cooked or cut-up fruits or vegetables	Covered in refrigerator; use within 3 to 5 days.
 Frozen fruits and vegetables	In the freezer
 Canned fruits and vegetables	Room temperature

Keep fruits and vegetables safe to eat



- Wash hands with warm water and soap.
- Wash raw fruits and vegetables under running water; do not use soap.
- Use a produce brush to wash produce with tough skins.
- Do not drink unpasteurized juices. Look for “pasteurized” on the label.
- Do not eat raw sprouts. Cooked sprouts are safe to eat.

Add more fruits and vegetables

- Add vegetables to mixed dishes.
- Shred carrots or zucchini into meatloaf or pasta sauce.
- Let your children choose a new vegetable or fruit for a meal or snack.



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