



Today you will get to try Medjool Dates from California. Dates grow in clusters on palm trees in hot, dry climates and are available year-round. Dates are oval in shape with a glossy, dark reddish-brown colored skin. Fresh dates have a soft, meaty texture and a caramel, honey and cinnamon sweet flavor with a medium pit in the center. Medjool dates can be eaten dry or fresh as a healthy snack. They can also be chopped and used on cereal, in pudding, or to make bread, cakes and cookies.

Fun Fact: Medjool dates were first imported into the United States from Morocco in 1927. Each date palm tree will produce around 150-255 pounds of dates per year.



Dates belong to the **Fruits group** on *MyPlate*

Body Benefits: Dates have many important nutrients like iron, potassium, magnesium, calcium and fiber to help you stay healthy and grow up strong!

Goal of 60 minutes Physical Activity every day: Play follow the leader with exercise moves like jumping, dancing, pushups, squatting and sit ups! **Add lemon slices and mint to your water and stay hydrated!

