



Today you will get to try Starfruit from Florida. Starfruits grow on trees in warm, wet climates and are available year-round. Starfruits have an oblong shape and are about the size of a small football. When you cut this fruit into cross-sections, the slices are in the shape of a five-pointed star. Starfruits have a thin, waxy, brightly yellow-green colored skin and a juicy, crisp, yellow flesh that has a tropical aroma. The whole fruit, including the skin and seeds, is edible. Starfruit is great on salads or as a tasty snack on the go!

**Fun Fact:** Starfruit’s real name is Carambola. It is also known as the “Five-Angled Fruit” or “Star Apple.”



Starfruits belong to the **Fruits group** on *MyPlate*.

**Body Benefits:** Starfruits are a great source of vitamins C and A, in addition to fiber and potassium to help you grow up healthy and stay strong!

**Goal of 60 minutes Physical Activity every day:** Play “keep the balloon up”. Work together to keep it from touching the ground by running around and hitting it up into the air, start with 1 balloon and add in more. Every time a balloon touches the ground, everyone do 5 pushups! \*\*Add some star fruit to your water for an exotic, tangy twist and stay hydrated!



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