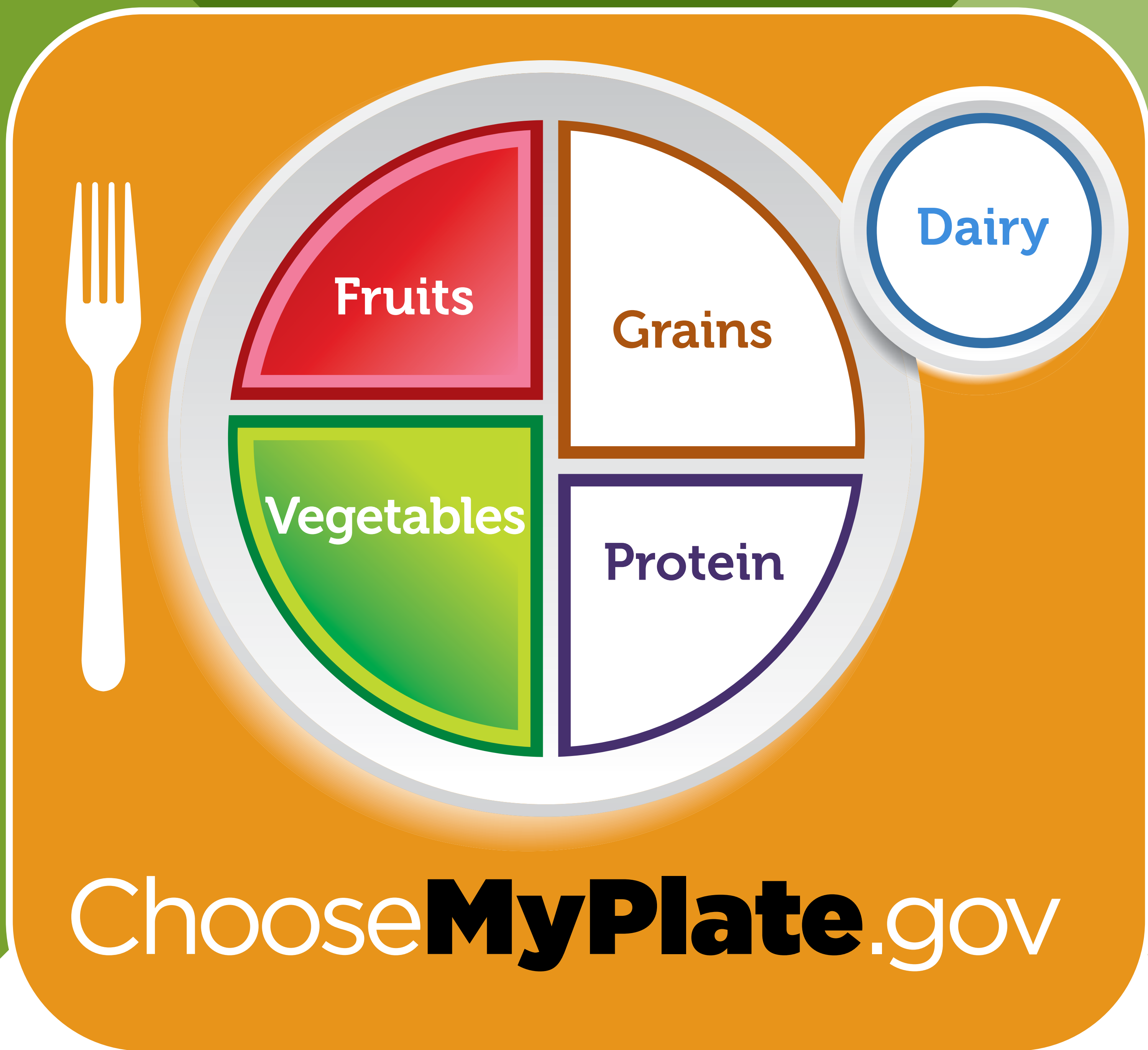


Make Half Your Plate Fruits and Vegetables



- 1 Keeps you healthy.
- 2 Helps you digest better.
- 3 Gives you energy for school and activities.



Understanding Fruits and Vegetables

lettuce
potatoes
celery
cauliflower
broccoli
carrots
radishes
onions

tomatoes
avocados
cucumbers
peppers
squash

pears
apples
blueberries
strawberries
cantaloupe
bananas
oranges
grapes

Vegetables

Part of the plant
itself – roots,
leaves, bulbs

Grown as fruits
and eaten as
vegetables

Fruits

Grown on trees,
bushes, vines –
and have seeds