



LESSON 1
THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES
STUDENT ACTIVITY SHEET
Answer Key



FOCUS ON WHOLE FRUITS



FRUIT FACTS

- Whole fruit is sometimes called "nature's candy." Fruit tastes sweet but also provides a lot of important nutrients. That is why a serving of whole fruit makes a great dessert!
- Fruit juice counts as a serving of fruit but is also a concentrated source of natural sugar. Fruit juice has also had most of the fiber removed. It's better to eat the whole fruit. If you drink juice at all, make sure it is 100% juice and limit to 6-8 ounces per day.
- "Fruit imposters" are products in the grocery store that have fruit in their names but very little actual fruit in the product.

1 On the back of each fruit photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

- a. Circle the following fruits that contain at least 5 grams of fiber per serving:

Pineapple Mango Raspberries Pear Grapes

- b. When you compare one serving of cantaloupe, peach and blueberries, you will see that cantaloupe has the most vitamin A per serving.
- c. If you look at the ingredient labels on the back of the seven "fruit imposter" cards, you will see either sugar and/or corn syrup in every product.

2 Locate the Orange and 100% Orange Juice photo cards. Use the label information on the back to answer the following questions.

- a. One medium orange has 12 grams of sugar while one cup of orange juice has 22 grams of sugar.
- b. One cup of orange juice contains 0 grams of fiber while one medium orange has 3 grams of fiber.
- c. Overall, would you say that orange juice or a whole orange is a better nutritional choice?

3 The list below includes action steps for eating more whole fruit. Fruit can be fresh, frozen, dried or canned in its own juice. Check one or more actions that you would be willing to work on. You can also come up with your own idea. Use back of sheet to describe.

- Top hot or cold whole-grain breakfast cereal with fruit.
- Eat a piece of fresh fruit with your afternoon snack.
- Add berries or dried fruit to a spinach salad.
- Make a smoothie that includes whole berries or fruit.
- My idea for adding more fruit to my diet (describe):

Do you know how well your diet stacks up?

It's hard to tell if you don't keep track. Count your servings this week by using the fruit and vegetable tracker worksheet.

