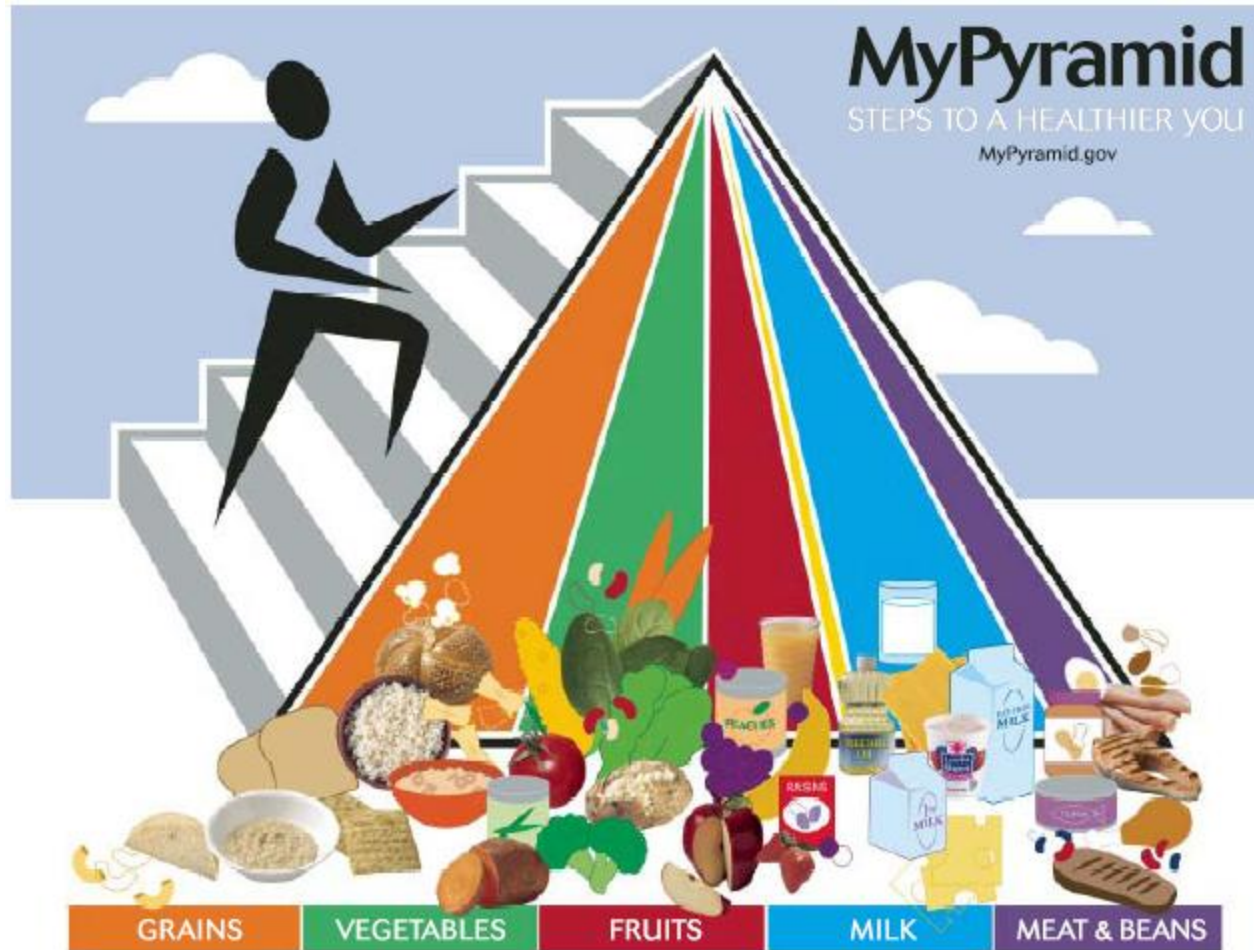




Fruits and Vegetables

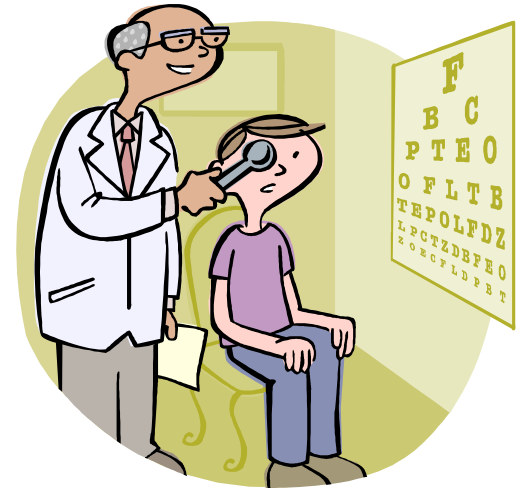
Frutas Y Verduras





Carrots have Vitamin A
=
Healthy Skin and Good Vision

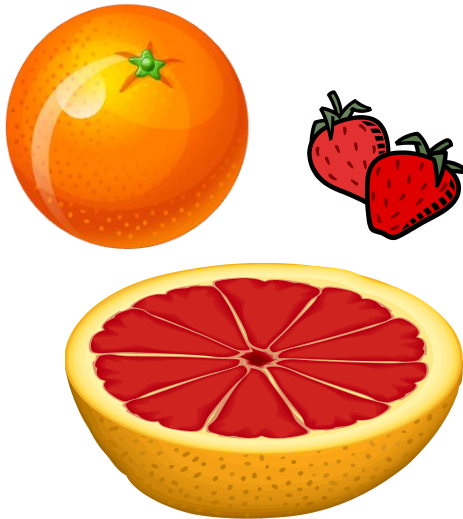
Las zanahorias contienen Vitamina A
=
La Piel Sana y Vista Buena





Oranges have Vitamin C
=
Strong Immune System =
Fewer, shorter colds and sicknesses

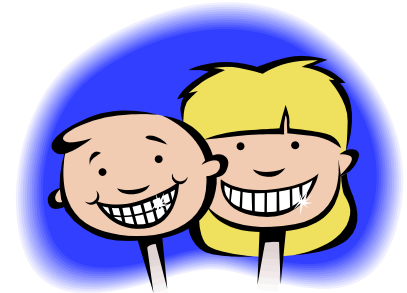
Naranjas contienen Vitamina C
=
Sistema Inmune Fuerte =
Menos (y más cortos) resfriados y enfermedades





Broccoli has Calcium
=
Strong Bones and Teeth

El Brócoli contiene Calcio
=
Huesos y Dientes Fuertes





Every Day Eat:

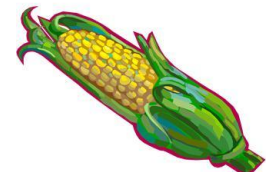
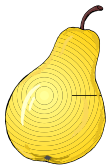
3 Servings of Veggies & 2 Servings of Fruit

One serving = $\frac{1}{2}$ cup

Come Todos Los Días:

3 Porciones de Verduras y 2 Porciones de Frutas

Una Porción = $\frac{1}{2}$ taza





Fruit or Vegetable
Yes or No?

Fruta o Verdura
¿Si o No?



Mango



Fruit or Vegetable
Yes or No?

Fruta o Verdura
¿Si o No?



Celery

Apio

Photo courtesy of Dowbiggn



Fruit or Vegetable
Yes or No?

Fruta o Verdura
¿Si o No?



Fruit Roll-ups



Fruit or Vegetable
Yes or No?

Fruta o Verdura
¿Si o No?



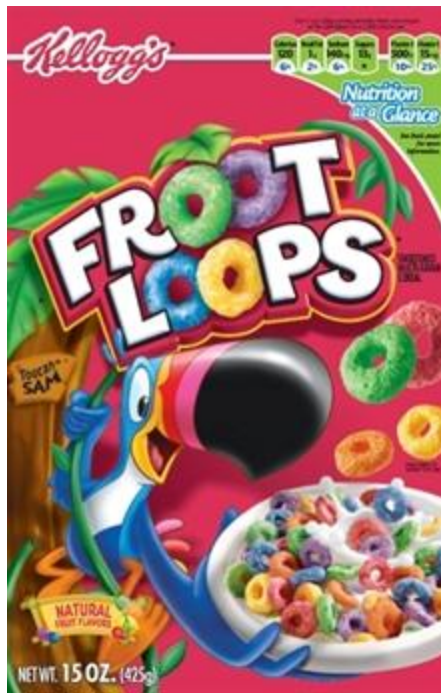
Blueberries

Arándanos



Fruit or Vegetable
Yes or No?

Fruta o Verdura
¿Si o No?



Froot Loops



Fruit or Vegetable
Yes or No?

Fruta o Verdura
¿Si o No?



Salsa

Photo courtesy of Chris Breeze



Fruit or Vegetable Yes or No?

Fruta o Verdura
¿Si o No?



Fruit Flavored Sports Drinks
Bebida Deportiva con Sabor
a Frutas

Photo courtesy of Keith Williamson