



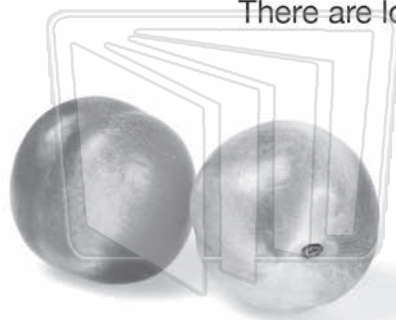
Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## What is the Fruits Food Group?

Any fruit or 100% fruit juice counts as part of the Fruits Food Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

## Fruits - So Many Choices!

There are lots of different kinds of fruit. What are your favorites?



nectarines



bananas



cantelope (melon)



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oranges



papaya



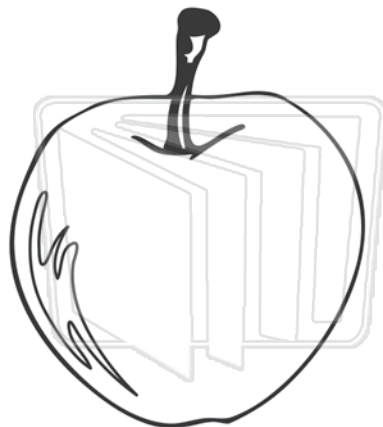
pineapple



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Fruits - So Many Choices!

Color the fruit. Write the names.



### PREVIEW

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

What's for **breakfast**?  
Draw your favorite fruit.



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Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_


1 Which is part of the **Fruits Food Group**?

**A** asparagus  
**B** lettuce  
**C** strawberries  
**D** broccoli



5 What is the name of the fruit shown?  
This fruit has lots of vitamin C.

**A** orange  
**B** pear  
**C** papaya  
**D** kiwi



2 100% orange juice counts as part of the \_\_\_\_\_ Food Group.

6 These **fruits** are \_\_\_\_\_.

**A**  
**B**  
**C**  
**D**

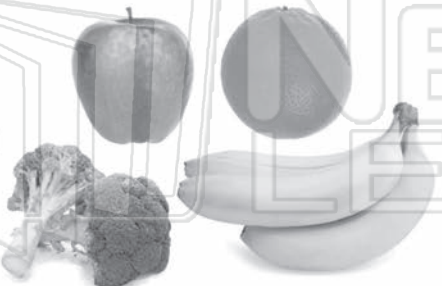


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4 Which of these is **not** a fruit?

**A** apple  
**B** orange  
**C** broccoli  
**D** banana



8 Which is part of the **Fruits Food Group**?

**A** peaches  
**B** oranges  
**C** bananas  
**D** all of the above






Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Answer Sheet


1 Which is part of the **Fruits Food Group**?

**A** asparagus  
**B** lettuce  
 **C** strawberries  
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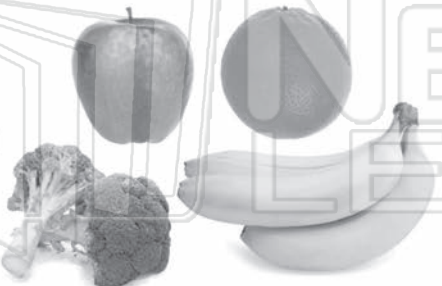
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**A**  
 **B**  
 **C**  
 **D**

4 Which of these is **not** a fruit?

**A** apple  
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8 Which is part of the **Fruits Food Group**?

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 **D** all of the above

