

May ■ Strawberries



Strawberries grow on the ground.

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)

Calories 27 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

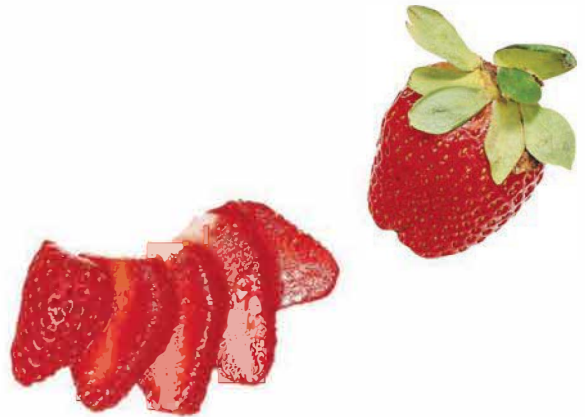
Vitamin A 0% Calcium 1%

Vitamin C 81% Iron 2%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09316

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.

- Watch this video to learn how strawberries get to the store!
<http://bit.ly/V6dJYn>



Activity

- After watching the video, what did you learn about strawberries?

See the *Strawberry Shortcake* recipe in *Tasting Trios*.



Choose MyPlate to help make healthy food choices!

MyPlate helps you see what a healthy plate looks like. We need to be sure to pick foods from each group every day. It is important to eat different foods every day to make sure you get all the nutrients your body needs to stay healthy.



- Write the name of the foods below in the correct food group.
If you are unsure about which food group a food belongs to, refer to page 3.



Cheese



Beans



Tomato



Egg



Raisins



Yogurt



Radish



Blueberries



Orange



Tortilla



Lowfat (1%) Milk



Cereal



Carrots



Peanut Butter



Bread

Fruits	Grains	Protein	Vegetables	Dairy
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