

## May ■ Strawberries

Strawberries are a fruit.

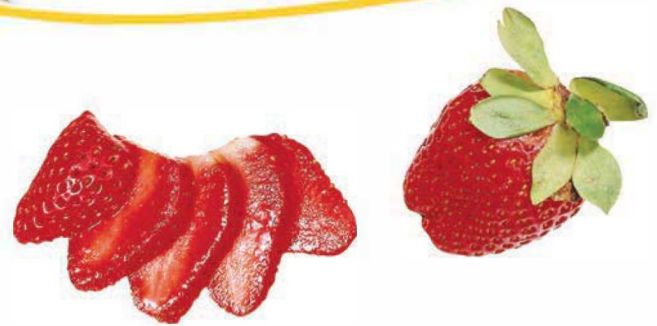
Strawberries have phytochemicals.

Phytochemicals help your body stay healthy.

Phytochemicals give fruits and vegetables their bright colors.

Strawberries grow on the ground.

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



- Draw a picture of a strawberry below.

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



# Delicious Fruits and Vegetables

Look at the pictures below of some of the delicious fruits and vegetables!

Draw a blue circle around the fruits and vegetables you have tried before. Draw an orange circle around the fruits and vegetables you would like to try. Talk with your classmate about the fruits and vegetables you would like to try.



**kale**



**sweet potato**

**persimmon**



**tomato**



**pear**



**avocado**

**beet**



**corn**

