**Name: ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FRUITS**

Use the Fruits (Red) section of MyPlate (http://www.choosemyplate.gov/food-groups) to find answers to these questions. You should read the opening page and then the **“What counts as a cup?”**

1. You should eat a \_\_\_\_\_\_\_\_\_\_\_\_ of fruits. Eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit but do not include too much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Any fruit or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit juice counts as the fruit group.

3. Name five fruits and one juice that could be 100% fruit.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ juice

Next, click on **“How much is needed?”**

4. Find the chart and copy your daily recommendation of fruit for your age.

Girls \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Boys \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now, click on **“Health benefits and nutrients.”**

5. Find three diseases which have a reduced risk for those who eat more fruits and vegetables.

  a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Fruits are an important source of nutrients including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and vitamin \_\_\_\_\_\_\_\_\_\_.

Then, click **“Tips to help you eat fruits.”**

7. What are some tips for eating fruits?

Be prepared to summarize in class the Fruit group by defining it, giving an example, and telling the daily recommendation of fruit for your age.