Circle all pears on the menu.

- How many did you find?
- What do you like best about pears?
- How many pears do you plan to eat this week?
Pear Scramble
How many new words can you make from the letters in PEAR?
(Example: are, sap)

I found _______ words.

Pear Parts
Use the words below to correctly label the parts of a pear.
- core
- flesh
- stem
- calyx
- shoulder
- seed
- skin

Reasons to Eat Pears
A ½ cup of sliced pears – green, yellow, or red – has fiber and vitamin C. Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full.

Fiber Champions*:
Beans, berries, dates, peas, pumpkins, whole wheat breads, and whole grain cereals.
*Fiber Champions provide a good or excellent source of fiber.

How Much Do I Need?
A ½ cup of sliced pears is about half of a small pear. This is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Make a goal to eat a variety of colorful fruits and vegetables – fresh, frozen, canned, and dried – throughout the day. This will help you meet your daily needs. And make a goal to be active for at least 60 minutes every day!

Recommended Daily Amount of Fruits and Vegetables**

- Kids, Ages 5-12
  - Boys: 2½ - 5 cups per day
  - Girls: 2½ - 5 cups per day
- Teens and Adults, Ages 13 and up
  - Boys: 4½ - 6½ cups per day
  - Girls: 3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.