Circle all meals on the menu that have strawberries.

- How many did you find?
- How many times are strawberries in the meals served for lunch? Breakfast?
- What is your favorite way to eat strawberries?
Reasons to Eat Strawberries:
Eating a ½ cup of strawberries will give you lots of vitamin C. Vitamin C helps your body heal cuts and wounds. It can also help your body fight infection. You can enjoy strawberries fresh, frozen, and even dried – and with any meal or snack!

Vitamin C Champions*:
Bell peppers, broccoli, cantaloupe, cauliflower, citrus fruit (like oranges and grapefruit), kiwifruit, leafy greens, and strawberries.
*Vitamin C Champions are an excellent source of vitamin C (provide at least 20% Daily Value).

How Much Do I Need?
A ½ cup of sliced strawberries is about four large strawberries. This is about one cupped handful. The amount of fruits and vegetables you need 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. Eating the right amount of fruits and vegetables every day will help you grow healthy and strong. You also need to get at least 60 minutes of physical activity every day!

Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boys</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

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