Circle all meals that have peaches in them.

- How many meals did you find?
- Are there other kinds of stone fruit on the menu (plums, apricots, cherries)?
- What is your favorite stone fruit?
EAT PEACHES

Reasons to Eat Peaches:
Eating a ½ cup of peaches will give you vitamin C. Peaches also have fiber and vitamin A. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

Fiber Champions*:
Avocados, beans, berries, broccoli, papayas, sweet potatoes, whole wheat bread, whole wheat cereal, and winter squash.

*Fiber Champions are a good or excellent source of fiber (provide at least 10% Daily Value).

How Much Do I Need?
A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach. 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. Add color to your plate with fruits and vegetables from each of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown. This will help you get the nutrients your body needs – so you can grow healthy and be strong.

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>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</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.

Eat a Peach
Peaches are full of healthy stuff — vitamin A, vitamin C, fiber, and potassium. Write down four different ways you can add peaches to your meals and snacks.

1. ____________________________________________________
2. ____________________________________________________
3. ____________________________________________________
4. ____________________________________________________

My favorite way to eat a peach is:

_____________________________________________________

Fun Fact
A nectarine is a type of “fuzzless” peach with a smooth skin.

Peach Scramble
Write down as many new words as you can make from the letters in PEACHES. (Example: pea, has)

_____________________________________________________
_____________________________________________________
_____________________________________________________

I found _________ words.

Nutrition Facts
Serving Size: ½ cup peaches, sliced (77g)
Calories 30 Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 7g 2%
Dietary Fiber 1g 5%
Sugars 7g
Protein 1g
Vitamin A 5% Calcium 1%
Vitamin C 9% Iron 1%