

Harvest of the Month



Network for a Healthy California



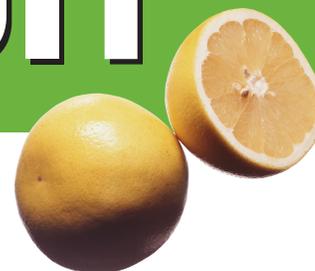
Botanical name: *Citrus x paradisi*

GRAPEFRUIT

Circle all fruits on the menu.

- How many different kinds of fruits did you count?
- How many are citrus (e.g., oranges, mandarins, tangerines, grapefruit)?
- What is your favorite citrus fruit?

EAT GRAPEFRUIT



Nutrition Facts

Serving Size: ½ medium grapefruit (123g)
Calories 46 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

Citrus Galore

Look at this list of citrus varieties and circle your favorites. Draw stars next to the ones you would like to try.

- Kumquats
- Lemons
- Limes
- Moro or “Blood” Oranges
- Navel Oranges
- Pummelos or “Chinese” Grapefruit
- Ruby Red Grapefruit
- Tangerines
- Valencia Oranges
- White or Yellow Grapefruit

You Say Orange, I Say Naranja

Draw a line to match these fruits and colors with their names in Spanish. (answers below)

- | | |
|-------------------|------------|
| 1. Grapefruit | Roja |
| 2. White | Amarillo |
| 3. Tangerine | Anaranjado |
| 4. Red | Mandarina |
| 5. Lemon | Lima |
| 6. Yellow | Naranja |
| 7. Orange (fruit) | Toronja |
| 8. Orange (color) | Verde |
| 9. Lime | Limón |
| 10. Green | Blanco |

Adapted from: www.sunkist.com/kids/games/pdf/supermarket.pdf

Reasons to Eat Grapefruit

Eating grapefruit and drinking 100% grapefruit juice are excellent ways to get vitamin C. Both have good nutritional value and are low in calories.

Calories measure the energy found in food.

Different foods and drinks have different amounts of energy, or calories. Your body needs energy to work and this is why you need to eat.

How Much Do I Need?

A half of a medium grapefruit is about ½ cup of fruit. The number of cups 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 many cups you need.

Remember to eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

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



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.

Answers: 1) grapefruit/toronja, 2) white/blanco, 3) tangerine/mandarina, 4) red/rojo, 5) lemon/limón, 6) yellow/amarillo, 7) orange/naranja, 8) orange/anaranjado, 9) lime/lima, 10) green/verde