

# Harvest of the Month



Growing Healthy Students

Botanical name: *Diospyros kaki*



## **PERSIMMONS** **November**

**Circle all meals with  
yellow/orange fruits and  
vegetables in them.**

- How many did you find?
- What is your favorite yellow/orange fruit? Yellow/orange vegetable?
- Why are yellow/orange fruits and vegetables healthy for the body?

# EAT YOUR PERSIMMONS



## Nutrition Facts

Serving Size: 1 medium persimmon (168g)  
 Calories 118      Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55%	Calcium 1%
Vitamin C 21%	Iron 1%

Source: www.nutritiondata.com



Fuyu

Hachiya

## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a colorful variety of fruits and vegetables every day – red, yellow/orange, white, green and blue/purple. Persimmons are in the yellow/orange group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
  - Persimmons, pumpkins, yellow figs, tangerines, sweet potatoes, yellow peppers, wax beans, loquats, yellow potatoes, yellow squash and corn.

## How Much Do I Need?

A serving of persimmons is one medium fruit. This is about the size of a baseball. Eat a colorful variety of fruits and vegetables throughout the day.

## Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*If you are active, try to eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

## Exploring New Fruits and Vegetables

- List 4 fruits and 4 vegetables you would like to try.

Fruits

Vegetables

- |          |          |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

- Use the calendar below and place an X in the box for each day you tried one of the fruits or vegetables from your list.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
1							
2							

- Share the results with your family.

- How many new fruits and vegetables did you try?
- Which were your favorites?
- What is the color group of each new fruit and vegetable you tried? (Red, yellow/orange, green, white/tan/brown, blue/purple)

