Fruits are a yummy after school snack, as well as great to add to each meal! Fruits have Vitamin C, Fiber, and other healthy stuff! Vitamin C helps heal us when we get scrapes or cuts.

You should be getting 1 - 1 ½ cups of fruit each day. That would be like eating all this fruit:

1 banana, a slice of watermelon, and some grapes. You can choose your favorite fruits to eat. You could also drink 100% fruit juice, or eat canned fruits that are canned in fruit juice (not heavy syrup).

What are your favorite fruits?

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**STRAWBERRY MICE**

**Ingredients**

- Strawberries (1 for each child)
- Mini Chocolate Chips
- Licorice whips
- Almond slices

**Instructions**

Rinse strawberries. Cut off top with leaves. Slice bottom off slightly (so the mouse will sit). Cut licorice whip to a size that is about 2 times the length of the strawberry. Place licorice in the back of strawberry. Add mini chocolate chips for the eyes and nose. Stick two almond slices on top for ears.

*Chocolate chips and licorice are “sometimes” foods - but they are ok to eat in moderation. Only small amounts are used in the recipe.*
Color these yummy fruits and then cut the page out to make a puzzle!

Fruits have important nutrients like vitamins A and C. Vitamin C helps you heal and can help prevent you from getting sick. Vitamin A helps keeps your skin and eyes healthy.