

PARENT PAGES

Flavorful Fruit



Tips to Enjoy More Fruit

1. Offer colorful fruit at meals and snacks.
2. Take it with you. Put apples, oranges or bananas in a bag for quick snacks.
3. Cook together. Teach your child to peel, mash and slice bananas.
4. Peel an orange, pull it apart, and dip slices in low-fat vanilla yogurt.
5. Visit an apple farm and pick some apples to bring home and enjoy.
6. Buy fruit that is in season. Check store specials for best in-season buys.

Today at child care your child learned why it is important to eat colorful fruits each day. Fruit provides vitamins and fiber and is low in fat and salt. Fresh fruits are tasty fast foods. Choose fresh, frozen or canned fruit to get the best deal for your money. They learn from watching you. Eat fruit and your children will too. Try to make half your plate fruits and vegetables.

Homemade Applesauce

Yield: 4 cups

Serves: 8 adults

Ingredients

5 medium apples (one and a half pounds)
1/2 teaspoon cinnamon
1/2 cup water
brown sugar (optional).



Steps

1. **Wash the apples.**
2. *Peel, core and quarter the apples.
3. **Cut the apples into small sections (children may do this using a butter knife).**
4. **In a medium pot, combine the apples, cinnamon and water.**
5. Cover pot, and cook apples over medium heat until they come to a boil. Then simmer over low heat until the apples test tender when you stick them with a fork, about 20-30 minutes. Stir the apples a few times; adding more water if they cook dry.
6. Beat the tender cooked apples smooth with a spoon.
7. Serve applesauce warm or cold with a sprinkle of brown sugar if desired.
8. **Enjoy!**

Have your child help you do the bold steps.

*If you have a food mill, cook the apples without peeling them until tender and put them through the food mill.

I Enjoyed Fruit This Week!

Colorful Fruits are Good for Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							

Directions: Help your child put a sticker (or draw a smiley face 😊) in a box each time a fruit is eaten. Remind your child that it is good to eat different colored fruits each day.