

Try something new with

# FRUITS & VEGETABLES WORKSHEET

This worksheet is about fruits and vegetables. Please complete both sides of the worksheet. If you have any questions at any time, please ask!

healthy habits every day

## ACTIVITY: 1

## WHAT'S MISSING IN YOUR FAMILY'S MEALS?

**DIRECTIONS:** Check (✓) all of the fruits and vegetables that you and your family *rarely or never eat*.



### Fruits

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="radio"/> Apricot      | <input type="radio"/> Papaya      |
| <input type="radio"/> Asian Pear   | <input type="radio"/> Peaches     |
| <input type="radio"/> Blackberries | <input type="radio"/> Pineapple   |
| <input type="radio"/> Blueberries  | <input type="radio"/> Plantains   |
| <input type="radio"/> Cantaloupe   | <input type="radio"/> Raspberries |
| <input type="radio"/> Cherries     | <input type="radio"/> Watermelon  |
| <input type="radio"/> Cranberries  |                                   |
| <input type="radio"/> Figs         |                                   |
| <input type="radio"/> Grapes       |                                   |
| <input type="radio"/> Honeydew     |                                   |
| <input type="radio"/> Kiwi         |                                   |
| <input type="radio"/> Mango        |                                   |
| <input type="radio"/> Nectarines   |                                   |

### Vegetables

- |  |  |
|--|--|
| <input type="radio"/> Asparagus        | <input type="radio"/> Lettuce (all types except iceberg) |
| <input type="radio"/> Beets            | <input type="radio"/> Mustard greens                     |
| <input type="radio"/> Bok choy         | <input type="radio"/> Nopales                            |
| <input type="radio"/> Broccoli         | <input type="radio"/> Okra                               |
| <input type="radio"/> Brussels sprouts | <input type="radio"/> Opo                                |
| <input type="radio"/> Carrots          | <input type="radio"/> Pumpkin                            |
| <input type="radio"/> Cauliflower      | <input type="radio"/> Red Cabbage                        |
| <input type="radio"/> Chayote          | <input type="radio"/> Spinach                            |
| <input type="radio"/> Collard greens   | <input type="radio"/> Squash                             |
| <input type="radio"/> Cucumber         | <input type="radio"/> Sweet Potatoes                     |
| <input type="radio"/> Eggplant         | <input type="radio"/> Swiss chard                        |
| <input type="radio"/> Jicama           | <input type="radio"/> Turnip greens                      |
| <input type="radio"/> Kale             | <input type="radio"/> Zucchini                           |
| <input type="radio"/> Leeks            |  |

Which **fruit**, that you checked, would you like to know more about?

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Which **vegetable**, that you checked, would you like to know more about?

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## ACTIVITY:2

### WHY EAT MORE?

**DIRECTIONS:** Check (✓) each statement about fruits and vegetables that is important to you.

- naturally low in calories and mostly fat free
- help you get to a healthy weight
- help reduce the risk of many cancers
- provide many vitamins and minerals
- great source of fiber

## ACTIVITY:3

### MORE IS EASY!

Include at least one fruit or vegetable at each meal and snack.

**DIRECTIONS:** Using the One Day Sample Menu, add a fruit or vegetable to each meal and snack. **Hint:** To get some fruit and vegetable ideas, look at what you checked in Activity 1.



### One Day Sample Menu

#### Breakfast

Cereal  
Milk

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#### Lunch

Tuna salad sandwich

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#### Dinner

Baked chicken  
Brown rice  
1% lowfat milk

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#### Morning Snack

Whole wheat crackers

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#### Afternoon Snack

String cheese

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#### Evening Snack

Yogurt

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Check (✓) which of the following you would like.

- Recipes
- Tips on fruit and vegetable selection and storage
- Ideas for eating more fruits and vegetables

DEVELOPED BY THE  
CALIFORNIA WIC  
PROGRAM



**THANK YOU FOR PARTICIPATING  
IN THIS ACTIVITY!**

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IC# 940177 (05/10) 