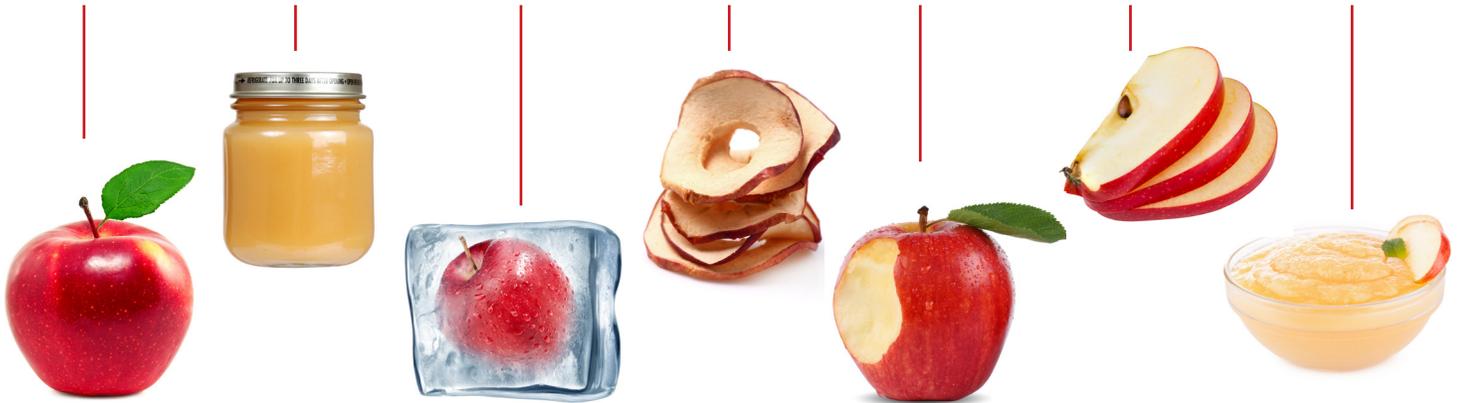


# FOCUS ON WHOLE FRUITS

ACCORDING TO THE MYPLATE GUIDE, WHOLE FRUITS MAY BE  
**FRESH CANNED FROZEN DRIED WHOLE CUT-UP PUREED**



## FAKE FRUIT

Can you identify the  
**SEVEN FRUIT IMPOSTERS**  
included in the cards on the table?



## FRUIT OR JUICE?



WHICH ONE IS  
MORE NUTRITIOUS?





# FOCUS ON WHOLE FRUITS

HERE'S WHAT TO DO AT THIS STATION:

**1** Understand why whole fruit is a better choice than fruit juice. Fruit juice technically counts as a serving of fruit but is also a concentrated source of natural sugars. Fruit juice has also had most of the fiber removed (and fiber is a good thing!). That is why it is better to eat the whole fruit. If you drink juice at all, make sure it is 100% juice and limit to 6-8 ounces per day.

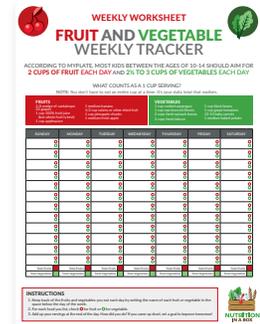
**2** Identify the seven "fruit imposters" on the table. "Fruit imposters" are products in the grocery store that have fruit in their names but very little actual fruit in the product. There are many examples of beverages and foods that are imposters. See if you can find all seven fruit imposter cards.



**3** Complete the "Focus on Whole Fruits" activity sheet.



**4** This week, use the "Fruit and Vegetable Tracker" to count how many servings of fruit and vegetables you eat. Most kids between the ages of 10-14 need at least two full cups of fruit each day. The portion bowl on the table holds two cups.





LESSON 1  
THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES  
**STUDENT ACTIVITY SHEET**



# FOCUS ON WHOLE FRUITS



## FRUIT FACTS

- Whole fruit is sometimes called “nature’s candy.” Fruit tastes sweet but also provides a lot of important nutrients. That is why a serving of whole fruit makes a great dessert!
- Fruit juice counts as a serving of fruit but is also a concentrated source of natural sugar. Fruit juice has also had most of the fiber removed. It’s better to eat the whole fruit. If you drink juice at all, make sure it is 100% juice and limit to 6-8 ounces per day.
- “Fruit imposters” are products in the grocery store that have fruit in their names but very little actual fruit in the product.

**1** On the back of each fruit photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

a. Circle the following fruits that contain at least 5 grams of fiber per serving:

Pineapple Mango Raspberries Pear Grapes

b. When you compare one serving of cantaloupe, peach and blueberries, you will see that \_\_\_\_\_ has the most vitamin A per serving.

c. If you look at the ingredient labels on the back of the seven “fruit imposter” cards, you will see either sugar and/or corn \_\_\_\_\_ in every product.

**2** Locate the Orange and 100% Orange Juice photo cards. Use the label information on the back to answer the following questions.

a. One medium orange has \_\_\_\_\_ grams of sugar while one cup of orange juice has \_\_\_\_\_ grams of sugar.

b. One cup of orange juice contains \_\_\_\_\_ grams of fiber while one medium orange has \_\_\_\_\_ grams of fiber.

c. Overall, would you say that orange juice or a whole orange is a better nutritional choice?

**3** The list below includes action steps for eating more whole fruit. Fruit can be fresh, frozen, dried or canned in its own juice. Check one or more actions that you would be willing to work on. You can also come up with your own idea. Use back of sheet to describe.

- Top hot or cold whole-grain breakfast cereal with fruit.
- Eat a piece of fresh fruit with your afternoon snack.
- Add berries or dried fruit to a spinach salad.
- Make a smoothie that includes whole berries or fruit.
- My idea for adding more fruit to my diet (describe):

**Do you know how well your diet stacks up?**

It’s hard to tell if you don’t keep track. Count your servings this week by using the fruit and vegetable tracker worksheet.





LESSON 1  
THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES  
**STUDENT ACTIVITY SHEET**  
Answer Key



# FOCUS ON WHOLE FRUITS



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a. Circle the following fruits that contain at least 5 grams of fiber per serving:

Pineapple Mango Raspberries Pear Grapes

b. When you compare one serving of cantaloupe, peach and blueberries, you will see that cantaloupe has the most vitamin A per serving.

c. If you look at the ingredient labels on the back of the seven “fruit imposter” cards, you will see either sugar and/or corn syrup in every product.

**2** Locate the Orange and 100% Orange Juice photo cards. Use the label information on the back to answer the following questions.

a. One medium orange has 12 grams of sugar while one cup of orange juice has 22 grams of sugar.

b. One cup of orange juice contains 0 grams of fiber while one medium orange has 3 grams of fiber.

c. Overall, would you say that orange juice or a whole orange is a better nutritional choice?

**3** The list below includes action steps for eating more whole fruit. Fruit can be fresh, frozen, dried or canned in its own juice. Check one or more actions that you would be willing to work on. You can also come up with your own idea. Use back of sheet to describe.

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