

5 A DAY AND ORANGES

KIDS ACTIVITY SHEET

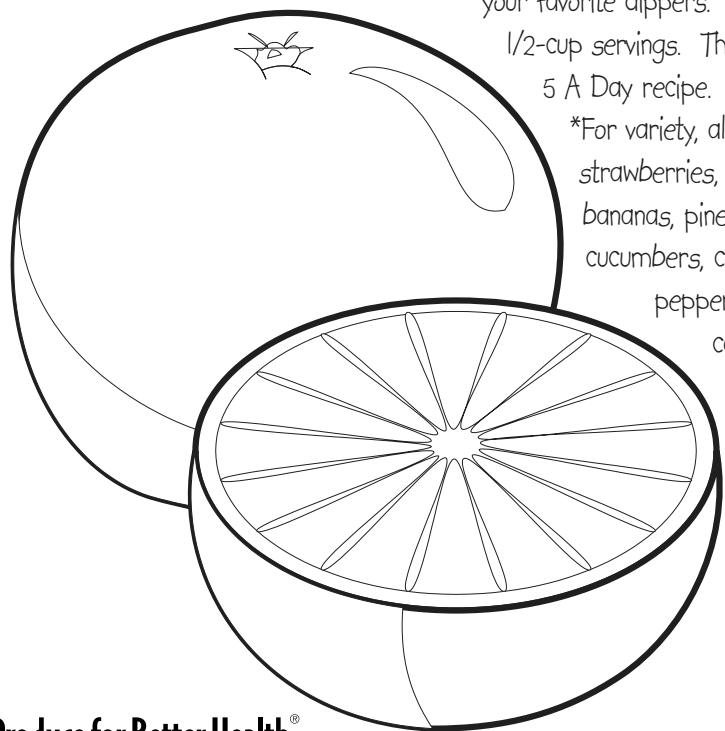
Try this fun & easy recipe

GO BANANAS ORANGE DIP

- 2 large bananas, peeled, cut into chunks
- 1/2 cup nonfat plain (or banana) yogurt
- 2 oranges, peeled and sectioned

With the help of an adult, place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds or until thoroughly mixed and smooth. Place dip in serving bowl on a platter and surround with orange sections or your favorite dippers.* Makes two 1/2-cup servings. This is an official 5 A Day recipe.

*For variety, also try dipping strawberries, kiwifruit, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers, and cauliflower.



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WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit
1/2 cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables
1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

PLANTING ORANGE SEEDS



You will need: seeds from an orange, plastic cup or small container, potting soil, and plastic wrap.

Fill a plastic cup or small container 3/4 full with potting soil. Plant the orange seeds about 1/2" deep and water. Cover with plastic wrap and keep moist until sprouts emerge, approximately 10 days. Once sprouts are visible, remove plastic wrap, continue to keep the soil moist, and watch the orange plants grow. Notice what their leaves smell like as the plants mature!

**Eat 5 or more servings of fruits and vegetables
a day for better health**

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**