

5 A DAY AND MELONS

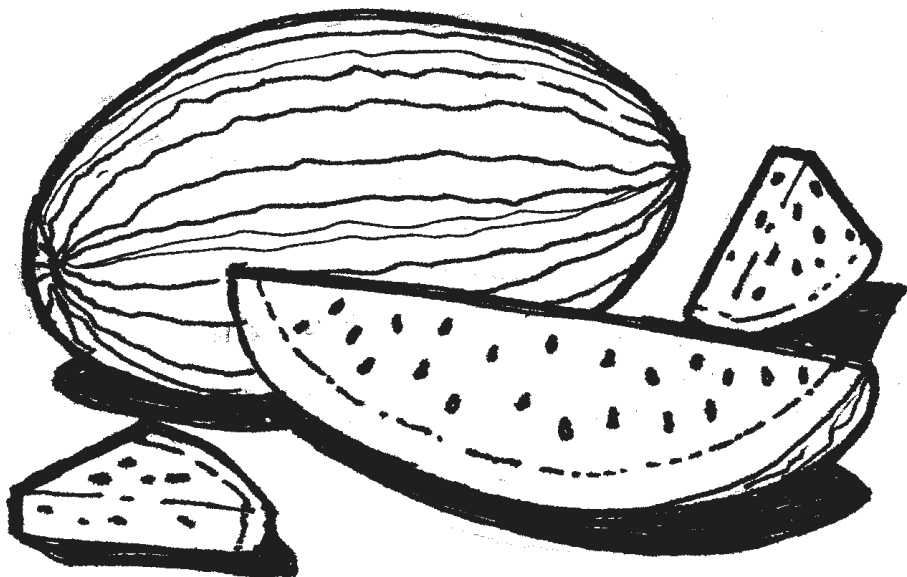
KIDS ACTIVITY SHEET

Try this fun & easy recipe

CARGO FRUIT SALAD

- 3 cups watermelon chunks
- 2 cups pineapple chunks
- 2 cups seedless grapes
- 3 bananas, sliced
- 2 apples, cored and cut into chunks
- 2 oranges, peeled and sectioned

With the help of an adult, cut fruit into chunks. Mix all ingredients together. Spoon mixed fruit salad into watermelon boat (see activity on reverse side), sprinkle with lemon or lime juice to retain color, and serve! Makes 9 1-cup servings. This is an official 5 A Day Recipe.



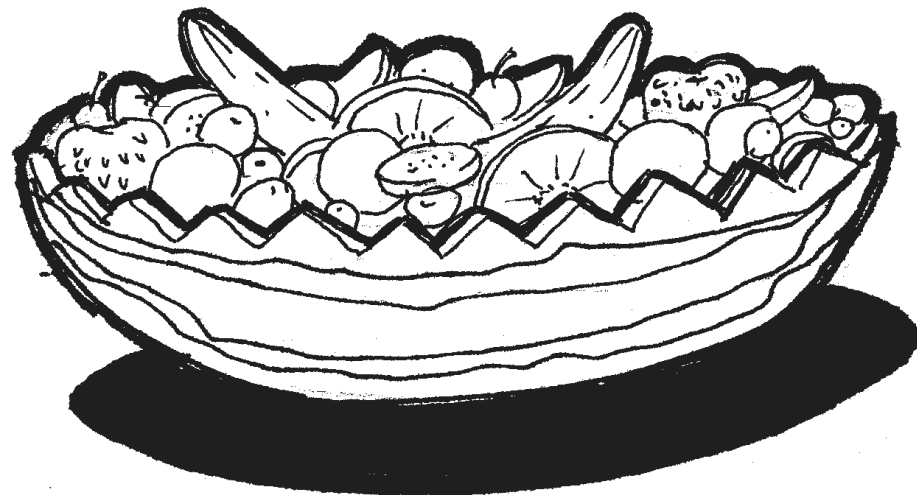
WHAT IS A SERVING?

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 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

WATERMELON PARTY BOAT

You will need: adult supervisor, 1 watermelon (or any melon), knife, spoon or melon baller.

Cut watermelon in half lengthwise and remove the seeds. Using a spoon or melon baller, scoop out the flesh of the melon until you have an empty shell. Slice melon flesh into chunks or leave in ball shape if desired. Remove any remaining seeds and add to Cargo Fruit Salad (recipe on reverse side). Take the watermelon shell and carve the edge in a zigzag pattern. Fill boat with fruit salad, cover with plastic wrap, and chill until ready to serve.



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

Produce for Better Health
Foundation

302 235 A DAY



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