

FRESHHEALTH.

HONEYDEW CHUNKS



PRODUCE PARTICULARS

- Honeydew melons contain Vitamins B6, E & K that are vital for repairing and maintaining strong bones, They also contain folate, potassium and magnesium.
- Honeydew melon is about 90% water and contains electrolytes. This makes honeydew great for hydrating after a recess, when you feel sick, or if you're just trying to stay hydrated throughout your day.

Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	35
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

TRY IT!

- The Melon Family, Cucurbitaceae, is a plant family commonly known as melons, gourds or cucurbits
- Can you name foods that would fit in this family?

Ex. Cantaloupe, cucumbers, squash, pumpkin

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JICAMA STICKS



PRODUCE PARTICULARS

- Jicama is native to Central and South America. Spanish traders introduced it to the Philippines and China in the 1800s.
- Jicama is an excellent source of fiber, Vitamin C and is low in calories.
- Jicama is also called the Mexican potato, Mexican yam bean, or Chinese potato.

Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	40
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 150mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

TRY IT!

Can you practice the pronunciation of this word?

Jicama:

"hick-uh-ma"

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MANGO SLICES



PRODUCE PARTICULARS

- These tropical fruits are related to cashews and pistachios.
- Each day, more mangoes are eaten in the world than any other fruit!
- Mango is low in calories yet high in nutrients — particularly Vitamin C, which aids immunity, iron absorption and cell growth and repair.

Nutrition Facts		
1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	60	
% Daily Value *		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 15g	5%	
Dietary Fiber 2g	6%	
Total Sugars 14g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.2mg	0%	
Potassium 170mg	4%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4
INGREDIENTS: Mangos, Raw		

The mango is symbol of friendship all over the world.

Who's a friend you'd like to share your mango's with?



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ORANGE WEDGES



PRODUCE PARTICULARS

- Oranges contain two key nutrients: Vitamin C and Fiber. Vitamin C not boosts our immune systems and fiber is known to reduce cholesterol and blood sugar levels.
- There are 600 varieties of oranges in the world. The primary orange varieties in Florida are Navel, Hamlin, Pineapple, Ambersweet, and Valencia.

Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	45
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	9%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 170mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4</small>	
INGREDIENTS: Oranges, Raw, Florida	

DID YOU KNOW?
85% of all oranges produced are used for juice.

Do you like orange juice?

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ORANGE BELL PEPPER STRIPS



PRODUCE PARTICULARS

- Bell peppers, like most other peppers, are native to Central and South America.
- Bell peppers are a great source of Vitamin C!
- Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!

Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	25
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 210mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

DID YOU KNOW?

Peppers are actually **fruits** because they are produced from a flowering plant and contain seeds! Most people think of them as vegetables.

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BUTTERNUT SQUASH



PRODUCE PARTICULARS

- Butternut squash originated in Central and South America and were known for their edible blossoms, fruit and seeds.
- Butternut squash provide a great source of Vitamin A, potassium and fiber.
- Butternut squash are part of the Cucurbitaceae family, related to pumpkins, zucchini, watermelon and cucumbers.

Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	45
%	
Total Fat 0g 0%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 0mg 0%	
Total Carbohydrate 12g 4%	
Dietary Fiber 2g 7%	
Total Sugars 2g	
Includes 0g Added Sugars 0%	
Protein 1g	
Vitamin D 0mcg 0%	
Calcium 50mg 4%	
Iron 0.7mg 4%	
Potassium 350mg 8%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: Squash, Winter, Butternut, Raw	

DID YOU KNOW?

The name butternut has nothing to do with butter or nuts!

It's called butternut to describe its buttery and nutty flavors!

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CARROT & RADISH COINS



PRODUCE PARTICULARS

- Carrots and radishes are both root vegetables! Other root vegetables include: potatoes, beets, parsnips, rutabagas, turnips, and sweet potatoes.
- Carrots are an excellent source of vitamin A and Radishes are a good source of vitamin C and B9. Both are high in potassium. Both veggies are a good source of Vitamin K, which helps your body heal when you get a cut or scrape!

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 30

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 8%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.3mg 2%

Potassium 280mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

TRY IT!

These are cut into circle, or coin shaped pieces.

Do you know the names of the money coins in the US and the amount of each one?

Ex: The penny = 1 Cent



PEAR SLICES



PRODUCE PARTICULARS

- There are more than 3,000 types of pears throughout the world. They can range from Anjou to Williams. Each type varies by size, shape, sweetness and crispness.
- China is the largest producer of pears in the world followed by Europe, with the United States coming in as the third largest producer.
- Pears are especially rich in folate, Vitamin C, copper and potassium. They're are a powerhouse fruit, packing fiber, beneficial plant compounds and antioxidants!

Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 120mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

DID YOU KNOW?

They were given the nickname "butter fruit" in the 1700s because of their soft, buttery texture.

What types of food do you put actual butter on?

