

# HONEYDEW MELON CHUNKS



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?

## PRODUCE PARTICULARS

Honeydew melons are an excellent source of Vitamin C, an important nutrient for healthy skin and which supports wound healing.

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	
<b>Calories</b>	<b>35</b>
% Daily Value *	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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

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# TURNIP WEDGES



There are over 30 varieties of turnips which differ in size, color, and flavor. Can you count to 30? What about counting to 30 by 5's?

## PRODUCE PARTICULARS



Most turnip varieties have a slightly spicy taste if eaten raw.

Turnips are a good source of potassium, calcium, and vitamin C

Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!



### 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 65mg 3%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 6%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.3mg 2%

Potassium 190mg 4%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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# GRAPEFRUIT WEDGES



Grapefruit can come in red, white, yellow and pink! Can you find something around you that is each of these colors?

## PRODUCE PARTICULARS

Grapefruit provides carbohydrates, the preferred source of fuel for your muscles and brain. Plus, their aroma promotes an uplifting, energizing feeling!



These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.



Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.

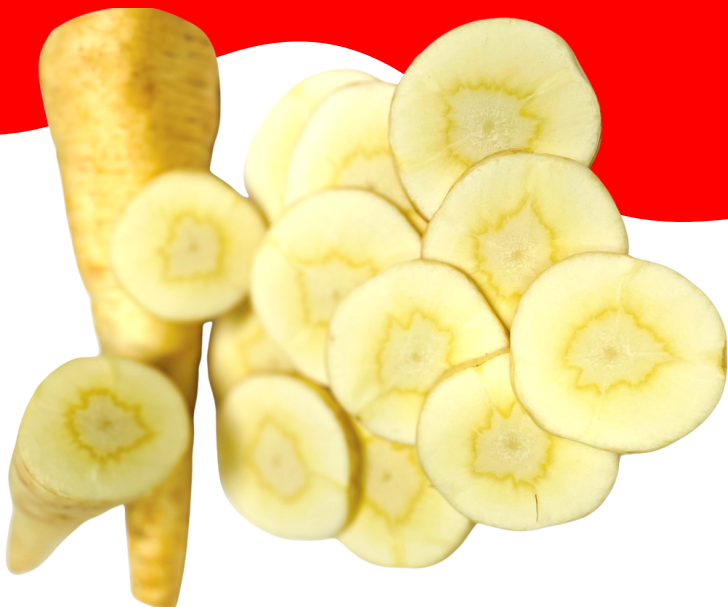


### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 140mg	2%
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* 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.	
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Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

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# PARSNIP COINS



In Europe, parsnips were commonly used to sweeten foods before sugar cane was introduced and readily available. Do you think this would make a good tasting cake?

## PRODUCE PARTICULARS

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

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Parsnips are an excellent source of vitamins C, B9 and K and minerals such as potassium, iron, calcium and copper.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 80**

	% Daily Value *
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	8%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Parsnips, Raw

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# PEAR SLICES



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?

## 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 a good source of fiber and Vitamin C, plus they provide carbohydrates to fuel your muscles and brain.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>6%</b>
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 120mg	2%
* 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	

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# CELERY STICKS



The ancient Greeks used celery as flowers to reward winners of athletic games like the Olympics.

## PRODUCE PARTICULARS

Celery is a source of several nutrients that support growing bodies, such as calcium, potassium, folate and vitamins A, C, and K.

Celery is a crunchy, low-calorie and convenient on-the-go snack that also provides a source of hydration due to its high water content.

Celery has three varieties, leaf celery, celeriac and Pascal, which are all cultivated and eaten in the U.S.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 15**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	3g	1%
Dietary Fiber	2g	6%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.2mg	2%
Potassium	260mg	6%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Celery, Raw

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