

EAT YOUR PEARS

Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)
Calories 41 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 1%

Pear Scramble

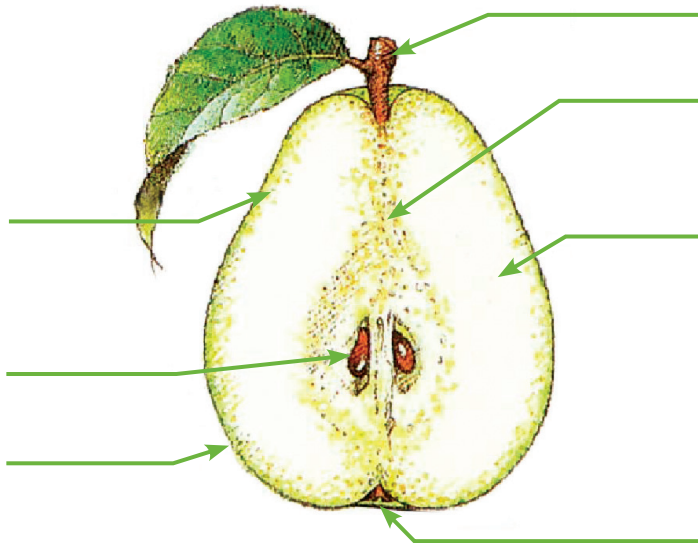
How many new words can you make from the letters in PEARS?
(Example: are, sap)

I found _____ words.

Pear Parts

Use the words below to correctly label the parts of a pear.

- core
- flesh
- stem
- calyx
- shoulder
- seed
- skin



Reasons to Eat Pears

A ½ cup of sliced pears – green, yellow, or red – has fiber and vitamin C. Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full.

Fiber Champions*:

Beans, berries, dates, peas, pumpkins, whole wheat breads, and whole grain cereals.

*Fiber Champions provide a good or excellent source of fiber.

How Much Do I Need?

A ½ cup of sliced pears is about half of a small pear. This is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Make a goal to eat a variety of colorful fruits and vegetables – fresh, frozen, canned, and dried – throughout the day. This will help you meet your daily needs. And make a goal to be active for at least 60 minutes every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.