

# PEAR-Y FUN ACTIVITIES

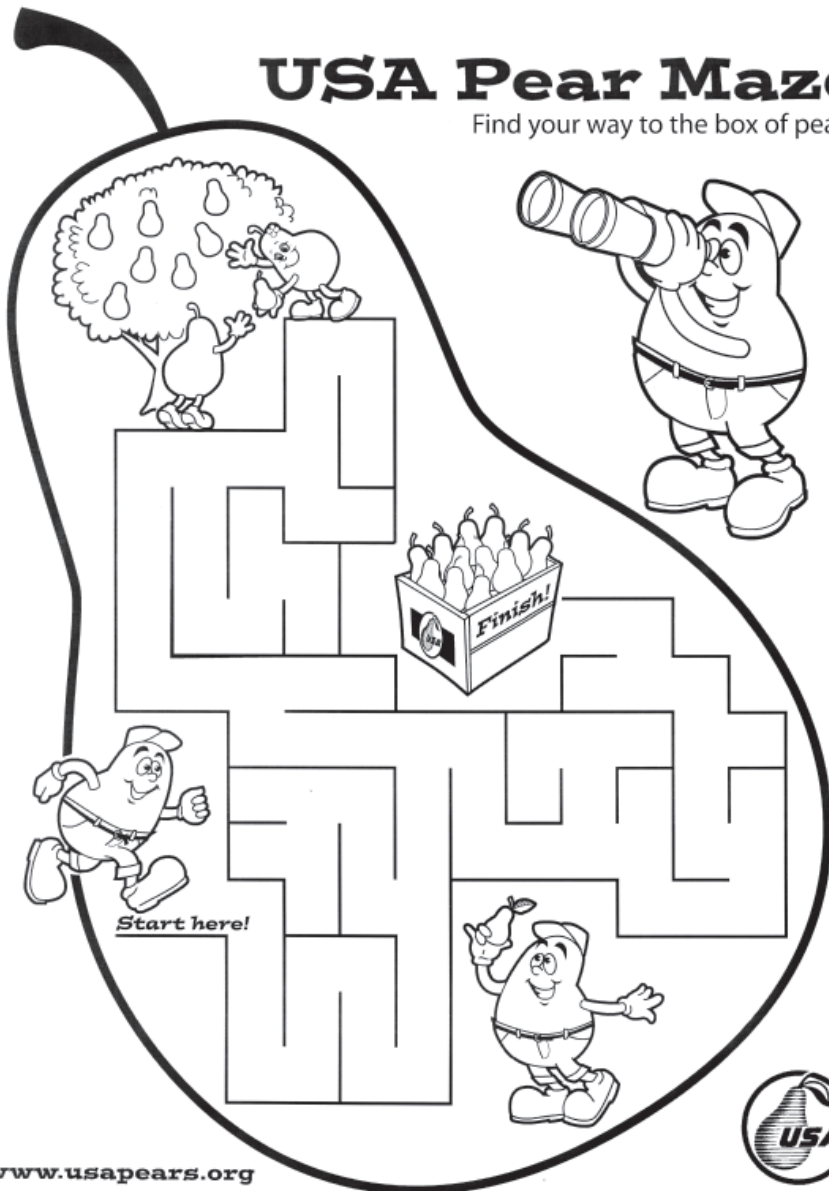
## Nutrition Facts



<b>Serving Size:</b> 1 medium pear (166g)	
Calories 96	Calories from Fat 0
	% Daily Value
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 2mg</b>	0%
<b>Total Carbohydrate 26g</b>	9%
Dietary Fiber 5g	21%
Sugars 16g	
<b>Protein 1g</b>	
Vitamin A 1%	Calcium 1%
Vitamin C 12%	Iron 2%
Source: www.nutritiondata.com	

## USA Pear Maze

Find your way to the box of pears!



www.usapears.org



## EAT THE RAINBOW!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Pears can be red, yellow, green or brown (part of the white color group).

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red pears, red apples, pomegranates, beets, red onions, red potatoes and red bell peppers.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow pears, oranges, persimmons, pumpkins, yellow peppers, butternut squash and sweet potatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green pears, green apples, kiwis, avocados, asparagus, chayote squash, peas, spinach and zucchini.
- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol. Examples include brown pears, bananas, dates, figs, cauliflower, garlic, mushrooms and jicama.

## COUNT YOUR FRUIT!

Most kids need 1 to 2 cups of fruit a day to stay healthy. One pear the size of a baseball equals about 1 cup.

Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership initiative.

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