HEALTHY LIVING

FRUITS



Bullfrog Books

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For Review Only

Many Kinds



It is time to start the day.

Rex drinks fruit juice.

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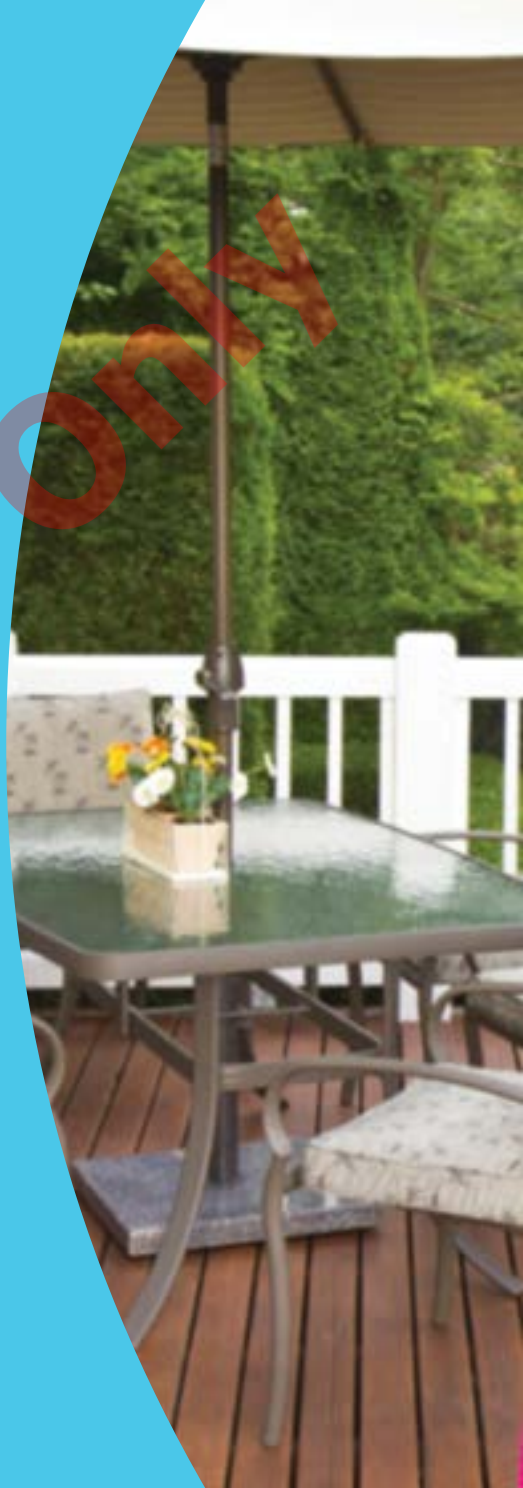
Nan eats a fig.

Yum!

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Fruit tastes good.

It is good for you, too.



For Review Only



For preview only



Jed has a kiwi.

Meg eats a melon.

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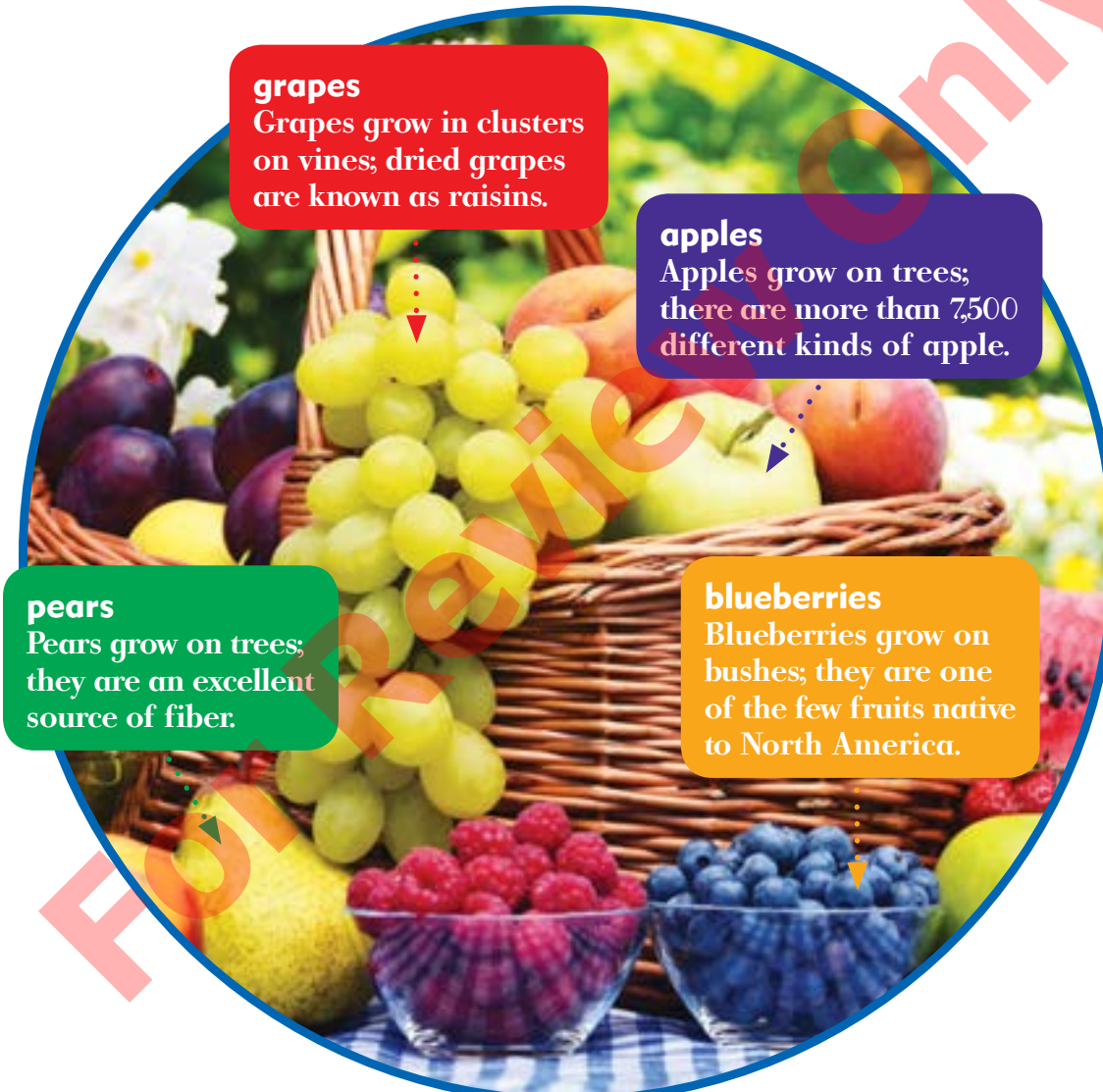


These fruits have vitamin C.
It helps fight colds.

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Your Daily Fruits

You need three to four servings of fruit a day.



grapes
Grapes grow in clusters on vines; dried grapes are known as raisins.

apples
Apples grow on trees; there are more than 7,500 different kinds of apple.

pears
Pears grow on trees; they are an excellent source of fiber.

blueberries
Blueberries grow on bushes; they are one of the few fruits native to North America.

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Picture Glossary



digest
When your body changes food into things your body needs to work properly.



folate
A vitamin that helps your body form red blood cells.



fiber
The part of a food that can't be digested.



vitamin C
A chemical found in fruits that helps protect the body's cells from damage.

For Review Only