

Teacher Guide:

FRUIT GROUP

Key Messages

- Eat fresh, frozen, canned, or dried fruits, rather than fruit juice, for most of your fruit choices.
- Vary your fruit choices. Different fruits are rich in different nutrients (vitamin A, vitamin C and minerals).
- Eat about 2 cups (4 servings) of fruits every day.
- Most fruits are a good source of fiber.

Objectives

Participants learn:

- recommended servings of fruits an individual should eat each day.
- fruits as good source of fiber.
- fruits bought in-season can be cheaper than fruit bought out-of-season.

Suggested teaching materials:

- Plastic food models or pictures of fruit
- Measuring cup
- Fruit Group handout

Activities

- **Get more fruits in your meals and snacks.** Have clientele make a list of ways they could add more fruits to their diets.

Examples:

1. Put fruits in easy to reach places. Have a bowl of fresh fruit on your table.
 2. Top hot or cold cereal, pancakes, waffles, yogurt, or salads with fruit.
 3. Substitute 100% fruit juice for cold water when making gelatin.
 4. Offer children fruits cut into bite sized pieces.
 5. Freeze 100% fruit juice in an ice cube tray or small paper cups.
 6. Add chopped or mashed fruits to quick breads, muffins, and other baked goods.
- **Have clientele list the fruits they like to eat.** Share different ways to prepare and store that fruit so it is handy to eat as a snack.
 - **Practice planning meals** for a day/week to include the recommended number of dairy servings.

Buy Fruits in Season

To save money when buying fruits:

- Select fruits from local farmers' markets and stands
- Store fruits properly to avoid waste
- Buy fresh in season

Winter Grapefruit Oranges	Spring Berries Pineapples	Summer Apricots Berries Cantaloupe Watermelon Peaches	Fall Apples Grapes
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Daily Menu of Fruit

The MyPyramid suggests you have two cups of fruits each day. Using this chart, plan a daily menu and choose a variety of fruits from this food group each day..

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack

Remember a 1/2 cup serving of fruit is:

- 1/2 cup of cooked, canned or raw fruit
- 1/2 of small apple
- 1/2 medium grapefruit
- 1/8 of a medium cantaloupe
- 1/2 cup 100 % fruit juice
- 1/4 cup dried fruit; raisins, figs



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