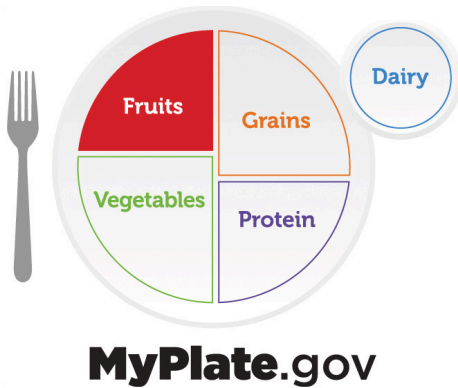




Pineapple



MyPlate.gov

FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Pineapples count as a fruit.
Try pineapples and other colorful fruits to stay healthy!



WHAT IS IT?

Pineapples are popular tropical fruits in U.S. They have a spiky skin, a leafy top, and sweet yellow inside. Enjoy them fresh, canned, or juiced.

FUN FACTS & TIPS



Pineapples in America grow best in warm places like Hawaii, Florida, and Puerto Rico.



Add pineapple to a salad to eat more fruits.



Blend pineapple with low-fat yogurt (or milk), and ice for a tasty smoothie.



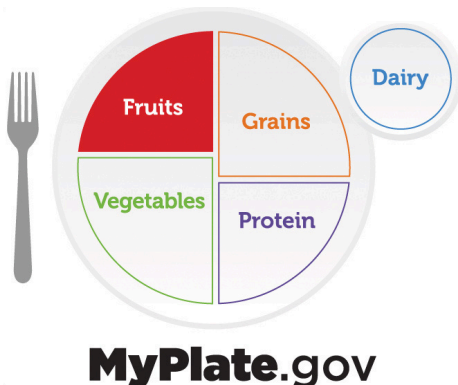
Scan QR code to find more NE Team Nutrition resources.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.



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FRUIT WORD

SEARCH!



DIRECTIONS :

Find and circle the names of the fruits hidden in the word search.



A	P	P	L	E	P	H	C	B	D
N	U	I	I	C	I	C	L	E	E
O	D	N	J	A	N	I	G	A	C
R	U	E	I	N	G	J	R	K	E
A	R	A	P	T	U	K	A	D	M
N	D	P	E	A	C	H	P	T	A
G	G	P	A	I	J	A	E	N	N
E	E	L	R	I	N	T	P	R	G
I	J	E	M	I	T	T	E	N	O
B	A	N	A	N	A	W	C	E	L

• Apple
• Banana

• Mango
• Grape

• Orange
• Peach

• Pear
• Pineapple



DIRECTIONS :

Find and circle the names of the fruits hidden in the word search.



A	P	P	L	E	P	H	C	B	D
N	U	I	I	C	I	C	L	E	E
O	D	N	J	A	N	I	G	A	C
R	U	E	I	N	G	J	R	K	E
A	R	A	P	T	U	K	A	D	M
N	D	P	E	A	C	H	P	T	A
G	G	P	A	I	J	A	E	N	N
E	E	L	R	I	N	T	P	R	G
I	J	E	M	I	T	T	E	N	O
B	A	N	A	N	A	W	C	E	L

• Apple
• Banana

• Mango
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• Pineapple

