

Peach

WHAT IS IT?

Peaches are sweet fruits with fuzzy skin and soft yellow or white flesh. Enjoy fresh in the summer or canned and frozen all year long.



NUTRITIONAL VALUE

Peaches have vitamins A and C, which help keep your eyes healthy and your immune system strong.

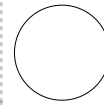
FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

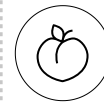
Peaches count as a fruit. Try peaches and other colorful fruits to stay healthy!



FUN FACTS & TIPS



Georgia is called the “Peach State” because peaches became an important crop there in the 1800s.



Add peaches to whole-grain cereal or low-fat yogurt.



Blend peaches with low-fat yogurt, banana, 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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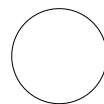
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PEACH & FRIENDS RIDDLE HUNT

Read each clue and circle the fruit that matches the riddle.

“I’m round and small, with smooth purple skin.

What am I?”



Peach



Nectarine



Apricot



Plum

“I’m fuzzy on the outside, sweet and soft inside.

What am I?”



Peach



Nectarine



Apricot



Plum

“I look like a peach, but my skin is smooth, not fuzzy.

What am I?”



Peach



Nectarine



Apricot



Plum

“I’m small and golden with soft skin. I look like a tiny peach. What am I?”



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