

FUN FACTS

Fresh Fruit and Vegetable Program






Please save this list for the entire school year









Dear Teachers,










“Fun Facts” were created by URI SNAP-Ed as an educational tool to complement USDA’s Fresh Fruit and Vegetable Program. When your students are served their fruit or vegetable, make it a learning opportunity by locating the item on this list and reading the “fun fact” aloud.








Thank you,









URI SNAP-Education Program








Fruit or Vegetable		Fun Fact
Apple		Red, yellow and green—a great snack for on-the-go, Seven thousand different kinds, on trees are where they grow.
Apricot		To keep your eyes healthy and help you see, The vitamin A in apricots is the key.
Asian Pear		Asian pears help keep your muscles strong, Sweet and crisp, you can’t go wrong.
Beet		Cooked or raw are different ways to eat, They add color to your plate, try a red or golden beet!
Blackberries		Blackberries help you learn and are good for your brain, Try some mixed into yogurt, added to smoothies, or plain.









Fruit or Vegetable		Fun Fact
Blood Orange		They turn dark red when the temperature gets low, Packed with vitamin C, they keep you healthy as you grow!
Blueberries		Blueberries are considered to be a “superfood” because they are loaded with nutrients and can help fight disease.
Broccoflower		It looks like cauliflower except it's lime green, It’s one of the most unusual veggies you've ever seen!
Broccoli		Broccoli looks like a tiny tree and is part of the cabbage family. Almost all the broccoli produced in the United States is grown in California.
Brown Pear		Brown pears are sweet, and their insides are white, They’re great for your body because germs they will fight.
Brussels Sprouts		They’re delicious roasted, there is no doubt, They look like mini cabbages, but they’re Brussels sprouts!
Cantaloupe		The fruit known as cantaloupe in the United States is actually muskmelon. In some parts of the world like Australia, cantaloupes are known as “rockmelons.”
Cara Cara Orange		It looks like a regular orange on the outside, But it’s tangy, sweet and pinkish red inside.






Fruit or Vegetable		Fun Fact
Carrot		<p>Carrots are usually orange, but can be purple, red, yellow or white,</p> <p>The vitamin A that's in them helps you see at night.</p>
Cauliflower		<p>This white veggie looks like a tiny tree and is broccoli's cousin. Some food companies are now using cauliflower to make "rice."</p>
Celery		<p>Celery keeps you full with all the fiber it packs,</p> <p>Eat with peanut butter or hummus, it makes a great snack!</p>
Cherries		<p>Bright red and tasty, a heart-healthy treat,</p> <p>Take out the pit inside that you cannot eat!</p>
Cherry Tomatoes		<p>Pop into your mouth, with flavor they'll burst,</p> <p>Pick from the vine before the bunnies get them first!</p>
Clementine		<p>Like little oranges, but they're easier to peel,</p> <p>Clementines add vitamin C to any meal!</p>
Cranberries		<p>A Thanksgiving tradition, cranberries are tart,</p> <p>This tiny red fruit is good for your heart.</p>
Crenshaw Melon		<p>Crenshaw melons are the sweetest melons around.</p> <p>One melon can weigh up to 10 pounds!</p>
Cucumber		<p>Pickles can be made from cucumbers by soaking them in vinegar, salt and spices. They are ready to eat in five to seven days.</p>

Fruit or Vegetable		Fun Fact
Daikon Radish		A Daikon radish is crunchy and its flavor has a kick, It helps your muscles, and keeps you from getting sick.
Fennel		This green and white veggie you may not know, Eat it raw or cooked, underground it will grow.
Grapes		Green, red and purple grapes grow on a vine and are about 80 percent water. Golden raisins are made from dried, green grapes.
Green Beans		Green beans are not just green! They can be yellow, purple or even speckled with red.
Green Pear		Most of the nutrients in a pear are in the skin or just below the skin, so don't peel this fruit when you eat it.
Honeydew Melon		Keep colds away with vitamin C in honeydew, Have a sweet slice if you want to try something new.
Jicama (hik uh muh)		Jicama is a root vegetable that is crisp and sweet, Eat it raw like an apple for a snack that can't be beat.
Kiwi		Kiwis are named after the fuzzy, brown kiwi bird which is the national bird of New Zealand.

Fruit or Vegetable		Fun Fact
Kumquat		<p>The inside of a kumquat has a slightly sour taste, Eat the skin, too, so nothing goes to waste!</p>
Mango		<p>Mangoes are the most popular fruit in the world. In some cultures, giving someone a basket of mangoes is considered to be a gesture of friendship.</p>
Orange		<p>This very popular fruit has enough vitamin C for a day, Sprinkle orange peels in the garden to help keep bugs away!</p>
Papaya		<p>Full of vitamin C, papayas are sweet, Try it in a smoothie for a tropical treat.</p>
Pepper		<p>Raw or cooked, spicy or sweet, Peppers are yummy with a taste you can't beat.</p>
Pineapple		<p>A pineapple grows as a small shrub. One pineapple can take over 2 years to grow!</p>
Plum		<p>The darker the skin of a plum is, the sweeter the taste will be. When they are dried, plums are called prunes.</p>
Pomegranate		<p>Sprinkle on yogurt for a snack that's crunchy and sweet, The seeds of this fruit are the only part you can eat.</p>

Fruit or Vegetable		Fun Fact
Radish		In Mexico, a radish festival takes place every December. Sculptors create works of art using very large radishes.
Raspberries		Raspberries grow on a bush and are a good source of vitamin C and fiber. Russia is the biggest producer of raspberries in the world.
Red Grapefruit		Red grapefruit can be sweet or taste a little sour, It's healthy for your heart at breakfast or any hour!
Red Pear		Red pears are like green pears, the same shape and sweet taste, The red skin keeps your heart strong, so be sure not to waste!
Rhubarb		Rhubarb can be bitter, but it's more sweet when it's red, Roast with a drizzle of honey or cook to make a spread.
Santa Claus Melon		Santa Claus melon tastes like honeydew, Harvest around December, when Santa Claus comes, too.
Sharyln Melon		It tastes like a mix of cantaloupe and honeydew, Sharyln melons are sweet, and full of vitamin C too!

Fruit or Vegetable		Fun Fact
Snow Peas		<p>Very early in the Spring is when they grow.</p> <p>Snow peas may actually get caught in the snow!</p>
Star Fruit		<p>Cut them up in slices to eat the fun star shape,</p> <p>They taste like a mix between an apple, a pear, and a grape!</p>
Strawberries		<p>There's about 200 seeds that a strawberry can't hide.</p> <p>It's the only fruit we know of that has seeds on the outside.</p>
Spinach		<p>Leafy and dark green, one type is called "baby,"</p> <p>Try it in soup and salad, or in a sandwich maybe?</p>
Sugar Snap Peas		<p>They are like regular peas, but taste a little more sweet,</p> <p>The pod holds peas inside and both parts you can eat.</p>
Tangerine		<p>These kid-friendly fruits are orange and sweet,</p> <p>They're great in a salad or as a dessert treat!</p>
Tomato		<p>If you think it's a fruit, you're actually not wrong,</p> <p>Whether fruit or veggie, it keeps your heart strong.</p>
Ugli Fruit		<p>It's a cross between an orange, tangerine and grapefruit,</p> <p>Ugli fruit is tasty, even if its name is not cute.</p>

Fruit or Vegetable		Fun Fact
Watermelon		Watermelons are 92 percent water. The world's heaviest watermelon so far weighed 350 pounds!
Wax Beans		Their waxy texture is how they got their name, They're like their cousin, green beans, and they taste the same.
White Grapefruit		It has a thin skin and tastes juicy and sweet, Eat it for breakfast or as a healthy treat.
Yellow Squash		Also called "summer squash" it has vitamin A, That's important for your eyes every single day.
Zucchini		This healthy green veggie helps your tummy work right, A dinnertime favorite to eat any night.