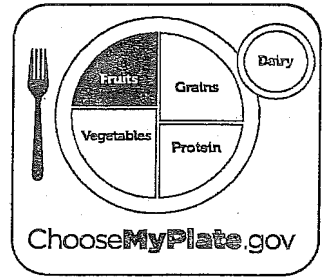








Focus On Fruit

Eat several kinds of fruits each day. Whole or cut up fruits have more fiber than fruit juices. Therefore, have them more often. Make sure the fruit juice you drink is 100% fruit juice. That means it doesn't have added sugar.



Find the fruits in the Word Search. Look across, down, and diagonally. The first one has been done for you.

- ~~apples~~
- cherries
- mangoes
- strawberries
- apricots
- dates
- oranges
- watermelon
- bananas
- grapes
- peaches
- pears
- cantaloupe
- honeydew
- pears

w	o	r	a	n	g	e	s	h	e	c	a
a	p	e	a	c	h	e	s	o	k	h	p
t	w	w	h	a	o	g	r	n	a	e	r
e	s	y	a	g	s	r	p	e	p	r	i
r	t	e	n	e	e	a	e	y	p	r	c
m	p	a	t	b	d	p	a	d	l	i	o
e	m	a	e	g	f	e	r	e	e	e	t
l	d	u	a	u	k	s	s	w	s	s	s
o	l	c	a	n	t	a	l	o	u	p	e
n	b	a	n	a	n	a	s	h	x	a	f
s	t	r	a	w	b	e	r	r	i	e	s

