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Week 9 Mar. 29-Apr. 2

Fruits & Vegetables Make a Difference

DID YOU KNOW?

Fruits contain the seeds of a plant and vegetables contain other parts of the plant?

- Our bodies need a combination of fruits and vegetables every day to get the vitamins and minerals our bodies need to grow and stay healthy.
- We eat the roots, leaves, stems, and pods of vegetables; can you name some vegetables that represent the different components? (i.e., carrots-root; lettuce-leaf; celery-stem; peas-pod).
- We eat the "fruits" or seeds of a plant when we consume fruits. Fruits make any dish more colorful, sweet, and fun to eat.

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