



I eat fruit.

Eating fruit helps me keep me strong and healthy.

- There are many types of fruit. I can choose which fruits that are my favorite to eat or drink.
- Some fruit is sweet. Others can be sour, bitter, or tart.
- Fruit can have skin, pits, or seeds. Sometimes I can eat the skin on the fruit after I wash it. For other fruits, I need to peel or cut off the skin.
- Fruit can be eaten raw or can be cooked in different recipes.
- Some fruit can be used to make juice, shakes, and other drinks.

