

POEM

SEE THE CARROTS IN
THE GROUND
I PULL THEM HARD
WITHOUT A SOUND
I WASH AND CLEAN
THEM UP AND
DOWN
I LOVE TO EAT THEM
ALL YEAR ROUND



ONE APPLE A DAY
KEEPS THE DOCTOR
AWAY

FRUITS & VEGETABLES

5th grade class
**MODESTO
LAFUENTE
SCHOOL**

**FRUITS &
VEGETABLES**

**Growing healthy
eating fruits and
vegetables!**



**MARCH = FRUITS &
VEGETABLES MONTH**

FRUIT SALADE

Ingredients:

1/2 pineapple

1/4 strawberry

1 apple

2 kiwis fruits

2 oranges

1 sugar spoonful and juice.



Cut the fruit into pieces.

Put it in a deep cavity together with the juice and let it rest in the refrigerator.

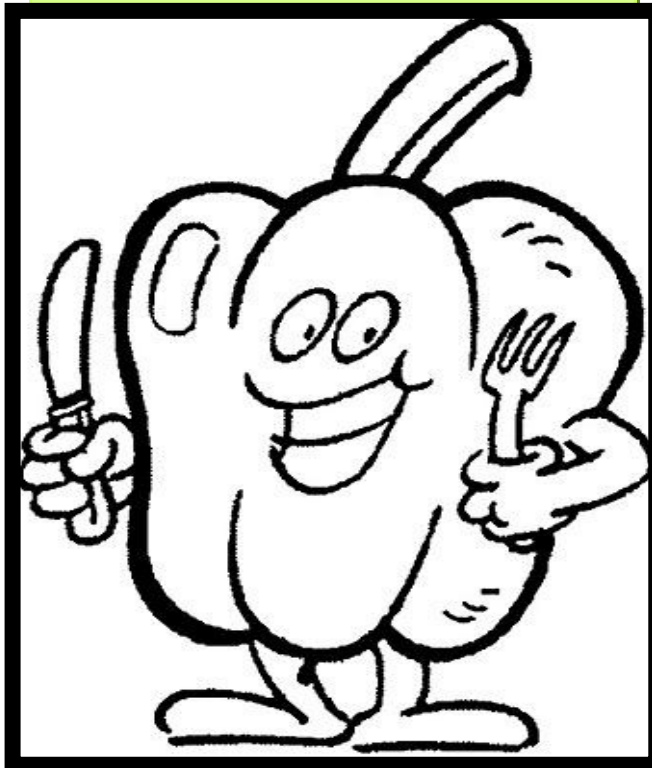


You can also find lots of interesting recipes on the Internet.

WEBSITES

<http://www.cookitsimply.com/recipe-0010-016w673.html>

<http://www.indianfoodforever.com/raja-sthan/makki-paneer-pakora.html>



FRUITS & VEGETABLES

APPLE'S INTERVIEW

Journalist: How are you Ms Apple?

Apple: I'm sad

Journalist: Why are you sad?

Apple: Because boys and girls don't eat me.

Journalist: Have you got any advice for those boys and girls?

Apple: Yes, I have. They should eat three pieces of fruit and vegetables everyday. And they should practice some sport too .

