

10 FUN FACTS ABOUT *Fruits & Veggies*



1. STRAWBERRIES

Strawberries are the only fruit that has seeds on the outer skin, and the average strawberry has around 200 seeds!

2. CORN

Corn is actually a member of the grass family.

3. BELL PEPPERS

Look at the bottoms! Ones with 4 bumps are females and ones with 3 are males. Female peppers are sweeter and better for eating raw. Males are better for cooking.

4. KIWIFRUIT

Kiwi is neither a fruit nor a vegetable. It's a flightless bird native to New Zealand. "Kiwifruit" (its actual name) is the delicious fruit we know and love here in the U.S.

5. TOMATOES

Tomatoes originated in Peru, not Italy like many may think. They were first used as food by the Aztecs in Southern Mexico.

6. POTATOES

Potatoes were the first food to be grown in space!

7. BLACKBERRIES

Blackberry juice was used to dye cloth navy blue and indigo.

8. BANANAS

A banana is not a fruit, but actually an herb!

9. LETTUCE

The only vegetable or fruit that is never sold frozen, canned, processed, cooked or in any other form other than fresh is lettuce.

10. GRAPES

Bloom is a naturally occurring powdery-white coating that protects grapes from moisture loss and decay.

My Munch Party Plans Fruit Vegetable Facts Recipes Activities

Miriam Stoppard



My Munch Party Plans Fruit Vegetable Facts Recipes Activities:

Vegetarian Times ,1982-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *Journal of the American Dietetic Association* American Dietetic Association,1925 **My First Food Book** Miriam Stoppard,1987 *McCall's* ,1936

Indianapolis Monthly ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape The Farmers' Advocate and Home Magazine ,1936 *Backpacker* ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Mejor Del Diseño* Society for News Design,1994 The Best of News Design 33rd Edition the latest edition in Rockport s highly respected series presents the winning entries from the Society for News Design s 2012 competition Bold full color layouts feature the best of the best in news features portfolios visuals and more and each entry is accompanied by insightful commentary on the elements that made the piece a standout winner Every industry professional aspires to one day see his or her work in this book *Esquire* ,1940-07 **Fun With Food** Arielle Lebovitz,2020-11-17 Help your kids try new foods Encourage healthy eating habits and grow adventurous eaters with fun food play outside the kitchen Explore fruits and vegetables build food confidence and develop skills for school readiness with this hands on activity book for kids ages 3 6 Help Little Food Explorers grow a wonder mindset and foster positive associations with food Make learning exciting by combining fun food play with an educational approach With over 100 activities this whimsical introduction to fruits and vegetables presents an approach to food in a new and exciting way using games creative activities and age appropriate skill building developed for preschoolers and kindergarteners **BOOK FEATURES** 100 fun fruit and vegetable activities with vibrant illustrations Age appropriate skill building to prepare kids for school Exposure to familiar and unusual fruits and vegetables with a twist **KIDS WILL LEARN** Problem solving skills How to follow directions Memorization enhancement Concepts shapes colors opposites and sequencing Math numbers counting patterns adding subtracting Develop fine motor skills writing drawing folding scissors **ACTIVITIES** Spot the difference Cutting and folding activities Mazes Complete patterns Practice shapes Connect the dots Matching games Find hidden objects Color by number Create silly characters And so

much more **My Munch Book** Gretchen Bartlett, Luann Williams, Ray Packard, 1982 Abstract A children's book graphically illustrates many different fruits and vegetables and describes their color the edible parts and some special characteristics e.g. a peach has fuzz nectarines don't. Designed to help children appreciate fruits and vegetables the book suggests that children give a party and serve the foods they have just learned about. Directions are given to help children plan the party locate the foods garden or store prepare simple recipes no cooking is involved and clean up after the party. The 5 senses are explored with respect to eating raw fruits and vegetables kbc **It's My Party**, 2000 Full of playful recipes decorating ideas crafts and activities this enthusiastic party guide features color photos nutrition facts and preparation and cooking times for every recipe Wire O binding **"Join the Fruit and Vegetable Party" Activity Book** Laurie Manahan, Martin A. Manahan, Yummy Designs (Firm), 2000 Task Cards, 1981 Abstract Twenty-two task cards part of the Vegetables with Good Munch Program provide learning activities integrating food and nutrition information into subject matter areas Arts crafts experiments and just plain fun activities such as vegetable printing garden planning sprout culture and foreign food research for individuals small groups or classes are included js

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

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