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Fruit is Good for You - Expanded Nutrition & Family Programs

Michigan State University

Cooperative Extension Service

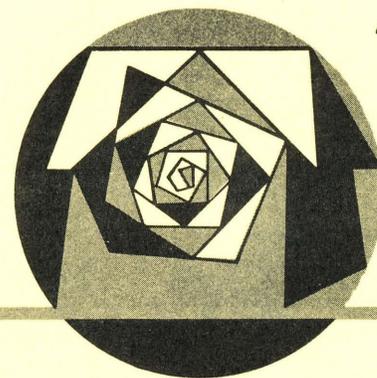
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5 pages

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Expanded Nutrition & Family Programs



Fruit Is Good for You (A/V)

THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to:

1. **Tell how** fruit contributes to good health.
2. **Name fruits** that give vitamin C, vitamin A, and iron.

FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

Fruits are the great sources of vitamins A and C, some minerals, and fiber essential to good health.

- All fresh fruits contain some vitamin C—different fruits have different amounts. Cooking removes some vitamin C. Fruits rich in vitamin C are oranges, grapefruit, strawberries, cantaloupes, and pineapples.

- Fruits containing smaller but worthwhile amounts of vitamin C are fresh apricots, apples, bananas, blackberries, blueberries, pears, red raspberries, peaches, and watermelon.

- For vitamin A, serve cantaloupes, yellow peaches, and apricots. Dried apricots are especially rich in vitamin A.

- Fruits containing smaller but worthwhile amounts of vitamin A are oranges, bananas, and canned peaches.

- Good sources of iron include dried fruits such as raisins, dates, prunes, peaches, and

apricots. A cooked, ½-cup serving of most dried fruits provides about one-fourth of the iron needed by adults each day.*

- The skin and pulp of fruits are fiber. Fiber does not give calories or nutrients. It does shorten the length of time it takes foods to pass through the digestive tract. Fiber helps prevent constipation. Include fiber in the diet for healthy elimination of body wastes.

THINGS TO DO BEFORE VISIT

Plan how to fit the lesson to the homemaker. You will want to remind her that fruits add color, flavor, and crispness to meals and snacks.

Select food models or pictures that you will need to show the homemaker how to select fruits that are good sources of vitamin C, vitamin A, iron, and fiber.

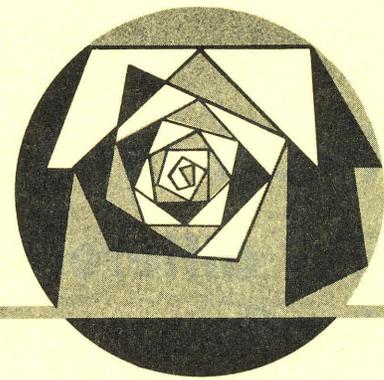
HOW DO YOU KNOW SHE HAS LEARNED?

Ask the homemaker to select pictures of fruits that are good sources of vitamin C. Did she make the right choices?

The next time you visit the homemaker, talk about fruits she has eaten this week. Did she select foods rich in vitamin C?

REFERENCES (Available in Your State)

Expanded Nutrition & Family Programs



4-b

Fruit Is Good for You (A/V)

(Take this sheet on home visits)

THE BIG IDEA

When you eat fruits, you get vitamins, minerals, and fiber that your body needs.

HOW TO PRESENT THE BIG IDEA

Talk about fruits the homemaker and her family eat.

Find out if she preserves fruits at home.

Use store ads to check on which fruits are available.

Help her decide which fruits contain:

Vitamin C . . . and why she needs vitamin C.

Vitamin A . . . and why she needs vitamin A.

Iron . . . and why she needs iron.

Fiber . . . and why she needs fiber.

Stress that everyone needs 1 or 2 servings of fruit each day. Some can be preserved at home.

HOW DO YOU KNOW SHE LEARNED?

Ask her to keep a list of the fruits she serves her family in the next week. On your next visit talk about the fruits she ate and how she served them.

EXPANDED NUTRITION & FAMILY PROGRAMS

Fruit Is Good for You

Try **different kinds** of fruits
for flavor and color!

EAT ONE OR MORE
FRUITS EVERY DAY

They give you . . .

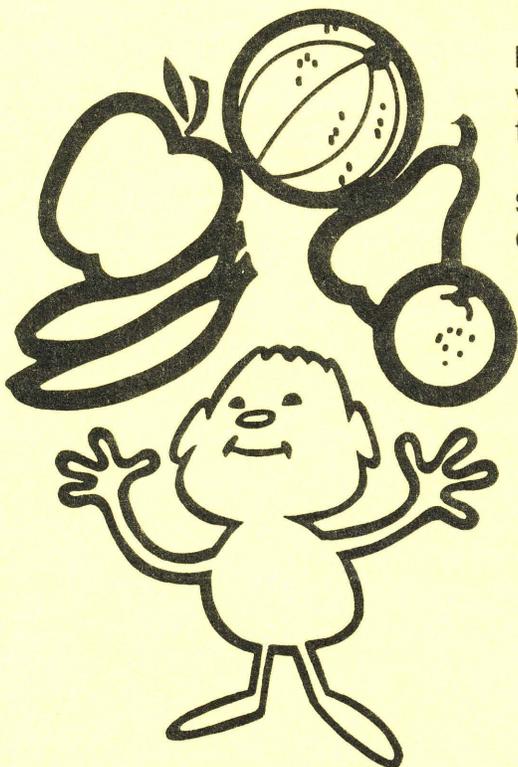
Vitamin C—in citrus fruits and tomatoes. For healthy gums and body tissues.

Vitamin A—in deep yellow fruits and cantaloupes. For growth, normal vision, and healthy skin.

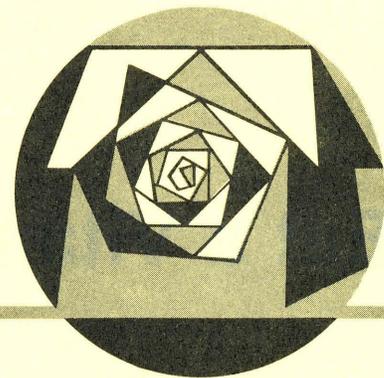
Iron—in dried fruits like raisins, prunes, peaches. For healthy red blood.

Fiber—in all fruits. Fiber helps remove body wastes. Raw fruits do this better than cooked fruits.

Sugar—in all fruits. Increases as the fruit ripens. Gives energy.



Expanded Nutrition & Family Programs



4-c

Fruit Is Good for You

Eat one or more every day.

(H)

(Leave with Homemaker)

Fruits give you VITAMINS and MINERALS for growth. They help keep the body working properly.

Fruits contain FIBER. Fiber helps your body remove waste. Raw fruits do this better than cooked fruits.

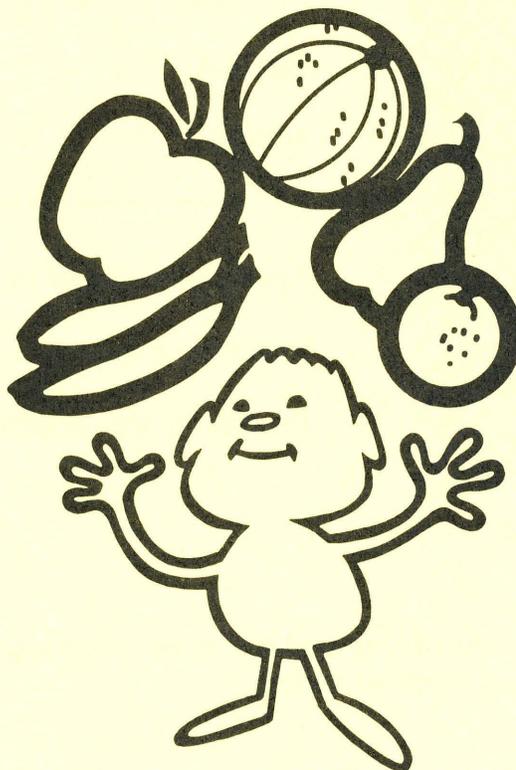
Name a FRUIT your family could eat to get vitamin

C. _____ .

Name a fruit you ate yesterday. _____ .

Name one or two fruits you might eat tomorrow. .

_____ .



EXPANDED NUTRITION & FAMILY PROGRAMS

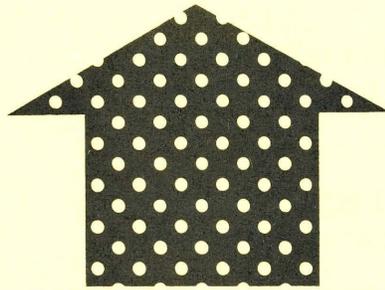
Cooperative Extension Service

• Michigan State University

• East Lansing, Michigan 48824

Eat a Vitamin C Food Every Day

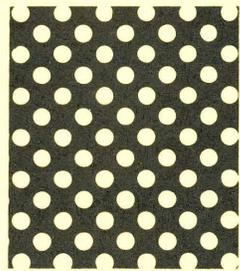
A lot of Vitamin C



Frozen orange juice

Orange

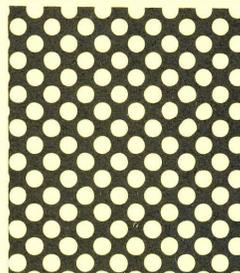
Cantaloupe



Grapefruit

Fresh orange juice

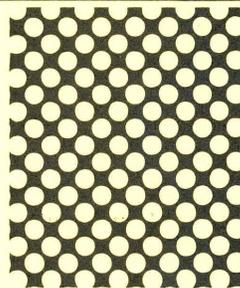
Strawberries



Pineapple juice, canned

Banana

Apples



Apricots, dried or cooked

Peaches, canned

Prunes, dried, cooked

Some Vitamin C

* Fresh and frozen fruits usually have more vitamin C than dried or cooked fruits.