STRAWBERRY

WHAT: Strawberries are a member of the rose family and have grown wild for centuries in the Americas and Europe.

TASTE: Strawberries have a sweet, slightly tart flavor and a soft crunch to them.

USES: Strawberries can be made into many different items, including jams and desserts, and are especially good in smoothies or in yogurt.

SEASONS: Fresh strawberries are available year-round. They taste the best when harvested in May.

NUTRITION: Strawberries are good for you because they are full of vitamins that keep you from getting sick and help grow strong muscles. They have vitamin C.

FUN FACT: The strawberry is the only fruit with its seeds on the outside. Each strawberry has more than 200 seeds!

BROCCOLI

WHAT: Broccoli is a green flower that is part of the cabbage family. Broccoli is native to Italy.

TASTE: Broccoli has a crispy texture that has a hint of bitter and spicy. Eat it raw with a dip to create a very satisfying taste.

USES: Broccoli is great eaten raw or steamed. It is also good in sauces, soups or stir-frys.

SEASONS: Broccoli is a year-round plant and does well in cool weather places.

NUTRITION: Broccoli is a super vegetable because it is high in vitamins and helps your brain grow. It also protects you from getting sick. It has fiber and vitamin C.

FUN FACT: Broccoli can help improve your vision and help keep your bones healthy!

RASPBERRY

WHAT: Red raspberries are from Europe and are a member of the flower rose family.

TASTE: Raspberries have a sweet, slightly tart taste and have a soft, crunchy texture.

USES: Raspberries are used in fruit juices and jam, and are great in smoothies or with yogurt.

SEASONS: Raspberry plants known as "canes" are planted in the winter for harvest in the summer.

NUTRITION: Raspberries are good for you because they have lots of vitamins and protect your body from pollution. They have vitamin C and B vitamins.

FUN FACT: There are many types of raspberries. They can be black, purple, gold and yellow!

YELLOW CHERRY TOMATOES

WHAT: Cherry tomatoes are a small, round tomato.

TASTE: Cherry tomatoes have a sweet, acidic taste and a soft texture.

USES: Cherry tomatoes are great in salads or with a dip as an appetizer, in pasta salads or as a garnish.

SEASONS: Cherry tomatoes are available year-round from California, Mexico and Florida.

NUTRITION: Cherry Tomatoes are good for you because they help keep your bones healthy and help your brain grow. They have vitamins A, B, C and K.

FUN FACT: Tomatoes are really a fruit, but are considered a vegetable in cooking.

BLUEBERRY

WHAT: Blueberries are a dark blue berry originally from North America.

TASTE: Blueberries generally have a sweet taste and a soft texture

USES: Blueberries may be used in a variety of foods, such as jellies, jams, yogurt, blueberry pies and cereal.

SEASONS: Blueberries are harvested from May to late summer.

NUTRITION: Blueberries are good for you because they have lots of vitamins to keep you from getting sick and help your brain grow. They have fiber and B vitamins, vitamin C and K.

FUN FACT: Blueberries can help improve your memory!

CARROTS

WHAT: Carrots are a root vegetable. This means the part you eat grows in the ground.

TASTE: Carrots have a crunchy texture and a mild, sweet taste.

USES: Carrots are great raw with peanut butter and in salads, or cooked in soups, stews and stir-frys.

SEASONS: Carrots are available year-round. Their peak season is October through April.

NUTRITION: Carrots are very good for you because they are low in fat and they help your brain and nerves develop and stay healthy. They have fiber and vitamins A, K and C.

FUN FACT: The first carrots discovered were originally purple, red, white and yellow!

COLLARDS

WHAT: Collard greens are related to broccoli and are very popular in Southern states.

TASTE: Collard greens have a bitter taste when eaten raw and have a crisp texture. Bitterness fades with cooking.

USES: Collards are good in soups or lightly sautéed with seasonings.

SEASONS: Collards are available year-round, but taste better when harvested in colder months.

NUTRITION: Collards are good for you because they help you digest your food. They have lots of vitamins and help your body fight bad diseases. They have vitamin C and fiber, as well as a lot of important nutrients.

FUN FACT: In ancient times collard greens were believed to help ward off evil spirits.

RED BELL PEPPER

WHAT: Bell peppers originally came from Mexico.

TASTE: Bell peppers have a mild, sweet taste and a crunchy texture.

USES: Red bell peppers are great raw or roasted to add color and flavor to rice dishes, meat, soups and salads.

SEASONS: Red bell peppers are available year-round.

NUTRITION: Red bell peppers are good for you because they are low fat and help you digest your food. They have fiber and vitamin C.

FUN FACT: Like the tomato, the bell pepper is a fruit but is considered a vegetable in cooking.

RED SWISS CHARD

WHAT: Swiss chard is a leafy green vegetable. While the leaves are always green, chard stalks vary in color.

TASTE: Swiss chard has a slightly bitter taste and crisp texture. Bitterness fades when cooked, leaving a light taste.

USES: Swiss chard is great in salads, soups or sautéed lightly as a side dish or addition to rice, or as a pizza topping.

SEASONS: Swiss chard is available April through November. It tastes best when harvested June through October.

NUTRITION: Swiss chard is a super food. It helps you digest food, helps your eyes see better and helps grow healthy bones and muscles. It has vitamin A, K and C and has a lot of nutrients to keep your body healthy and strong.

FUN FACT: Chard is one of the healthiest vegetables you can eat.

SPINACH

WHAT: Spinach is an edible flowering plant.

TASTE: Spinach has a sharp, bitter taste and a soft, chewy texture.

USES: Spinach is perfect for salads and sandwiches and tastes great lightly sautéed as a side dish.

SEASONS: Spinach tastes best when harvested between May and October.

NUTRITION: Spinach is good for you because it will help keep you from getting sick and keep your blood healthy. It has a lot of important nutrients your body needs.

FUN FACT: Eating spinach is good for your bones, skin, eyes and brain. It is a super food!

NUTRITION FACTS

FIBER
Cleans out your intestines and helps you digest your food.

NUTRIENTS
Are the parts of food that your body uses to do its work.

PROTEIN
Supplies energy, and builds and repairs muscles, skin and internal organs.

VITAMIN C
Helps fight infection.

VITAMIN A
Helps improve eyesight.

VITAMIN K
Helps your bones grow strong.

B VITAMINS
Turns protein into fat and carbs into energy to keep the brain and nerves working well.

Healthy Eating LUNCH BREAK FOR KIDS

ACF
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GRAPES

WHAT: Grapes are a berry that grow on a vine. They are over 6,000 years old.

TASTE: Grapes are sweet and juicy and have a firm texture.

USES: Grapes are used in juice, jellies and jams. Grapes are also great eaten raw or dried into raisins.

SEASONS: Grapes taste their best when harvested between July and December.

NUTRITION: Grapes have lots of minerals and vitamins to help your body fight bad diseases.

FUN FACT: Grapes are from Spain and were brought to the new world 2,000 years ago.