

PEAR-Y FUN ACTIVITIES

Nutrition Facts



Serving Size: 1 medium pear (166g)	
Calories 96	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 12%	Iron 2%

Source: www.nutritiondata.com

Pear Scramble

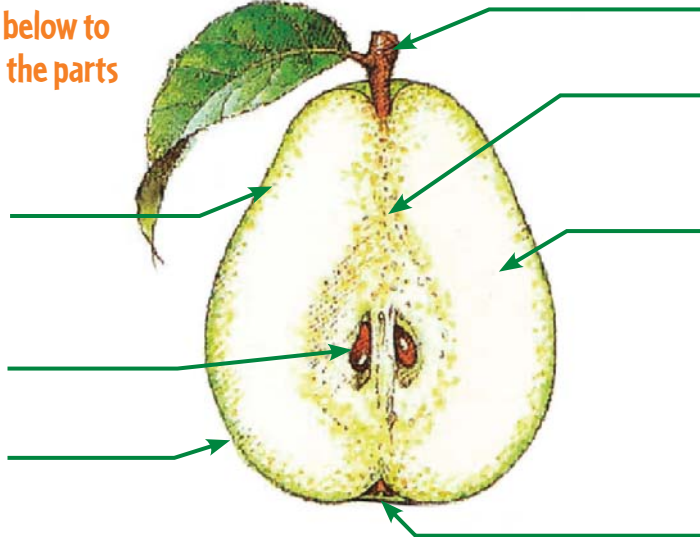
How many new words can you make from the letters in PEARS?
(Example: are, sap)

I found _____ words.

Pear Parts

Use the words below to correctly label the parts of a pear.

core
flesh
stem
calyx
shoulder
seed
skin



Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Pears can be red, yellow, green or brown (part of the white color group).

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red pears, red apples, pomegranates, beets, red onions, red potatoes and red bell peppers.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow pears, oranges, persimmons, pumpkins, yellow peppers, butternut squash and sweet potatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green pears, green apples, kiwis, avocados, asparagus, chayote squash, peas, spinach and zucchini.
- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol. Examples include brown pears, bananas, dates, figs, cauliflower, garlic, mushrooms and jicama.

What is a Serving?

A serving of pears is one medium fruit. This is about the size of a baseball.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.