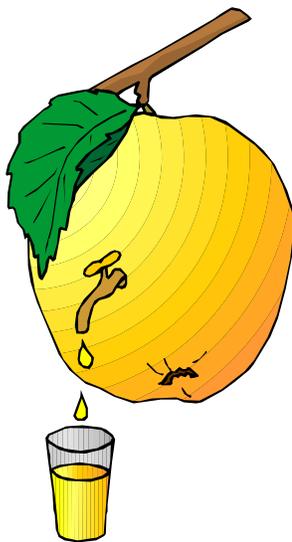


# Fruits

## Focus on Fruits

---

1 medium whole fruit  
**DRAW** onto your paper plate  
**LABEL** “Fruit Group 1½ cups”



1 cup fruit juice  
**MEASURE**

1 cup chopped, cooked or  
canned fruit  
**MEASURE**

