

SESSION
3



4-H Health at 4:00 Weekly Newsletter



This Week's Zoom Information:



This Week's Theme:

FOOD!!!

Tuesday, July 21st at 4:00pm

Join from PC, Mac, Linux, iOS, or Android:

<https://wsu.zoom.us/j/96438028079?pwd=SGtPaVVsbmxCcm1B V3B6RndEL2NwUT09>

Meeting ID: 964 3802 8079

Password: ya4h

Phone Call (long distance)

+1 253 215 8782

+12532158782,,96438028079# US (One Tap Call)

* Please help us keep our session secure, do not share out the password

FRUITS



Fascinating Fruit Facts!

- Not all oranges are orange (They can be yellow, green, or red)!
- Cranberries can bounce!
- One pomegranate can hold more than 1,000 seeds!
- Tomatoes and bananas are the most popular fruit in the world!
- Pineapples are not a single fruit, instead they are a group of berries that have fused together!
- There are so many types of apples, it would take over 20 years to try them all if you had one each day!
- The seeds on a strawberry are considered fruit, but the strawberry itself is not!
- Watermelon and pumpkins are considered giant berries!
- Peaches, apples, raspberries are all members of the rose family!

For more fun facts, visit

<http://justfunfacts.com/interesting-facts-about-fruits/>



This Week's Featured Recipe:



Fruit Smoothie

Ingredients:

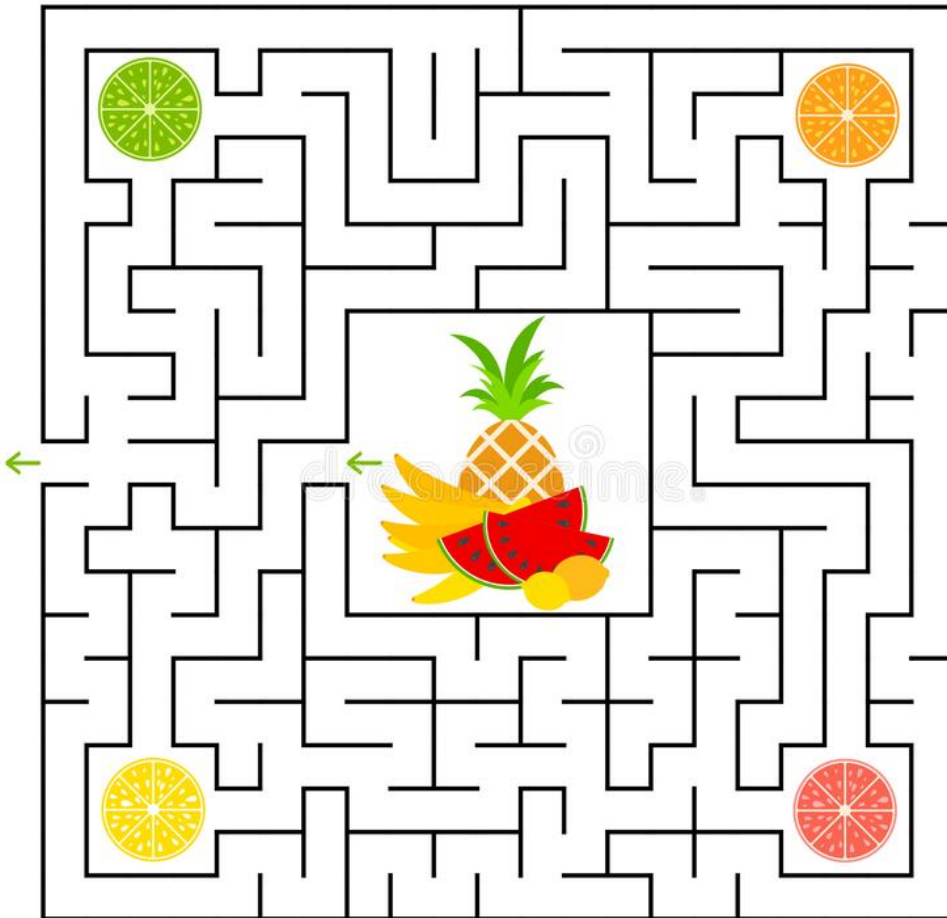
- 1 banana
- 1 cup of fresh, frozen, or canned fruit
- ¼ cup of yogurt
- 1/2-1 cup of juice
- Optional: ice cubes, veggies

Directions:

1. Slice your banana
2. Add all fruit to blender
3. Scoop in yogurt
4. Add ice if desired
5. Pour juice (add more if needed)
6. Put lid on blender! Pulse 3 times and then blend until smooth
7. Pour into a cup and enjoy!

Great books that feature fruit:

The Very Hungry Caterpillar, by Eric Carle
Eating the Alphabet, by Lois Ehlert
How Did That Get In My Lunchbox? The Story of Food, by Christ Butterworth
Orange Pear Apple Bear, by Emily Gravett



Write a poem about your favorite type of fruit!



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Fun Fruit Salad

Ingredients:

- 1/4 fresh pineapple, cut into bite-size chunks
- 1 orange, peeled and cut
- 1/2 red apple, cut into bite-size pieces
- 5 seedless red grapes, halved
- 5 seedless green grapes, halved
- 2 cups of strawberry yogurt

Directions:

Once your fruit has been peeled and cut into bite size pieces, stir together in a bowl. Pour yogurt over the top and stir to coat completely.

