PEAR-Y FUN ACTIVITIES

**Nutrition Facts**

Serving Size: 1 medium pear (166g)

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>96</td>
<td>2</td>
</tr>
</tbody>
</table>

**Pear Scramble**

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

I found _______ words.

**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.

**Pear Parts**

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

- core
- flesh
- stem
- calyx
- shoulder
- seed
- skin

**What is a Serving?**

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