

What are Fruits?

Fruits are yummy foods that grow on trees and plants. They are often sweet, like apples and bananas, or sometimes tangy, like oranges. Fruits come in many colors like red, yellow, green, and purple!

Why are Fruits Good?

Fruits are good for our bodies. They help us grow strong and keep us healthy. Eating fruits gives us energy to run and play.

How do We Eat Fruits?

We can eat fruits fresh, or we can drink them as juice. Some fruits can be made into yummy snacks, like fruit cups or smoothies!

Let's Explore Fruits!

Let's look for fruits in the kitchen or at the store! What fruits do you see? Can you name them? Let's try some together!