Your body needs certain nutrients to run in tip top shape. Some of these nutrients are found in fruits and vegetables.

**Why do you need fruits and vegetables??**

- **Fruits and vegetables hold many vitamins, and each vitamin has a job to do…**

- **Vitamin A** for healthy eyes, lungs and skin and to help resist infections is found in orange, yellow, and green fruits and vegetables.

- **Vitamin C** for healthy gums, for healing cuts and burns, and to help resist infections is found in raw fruits and vegetables.

- **Vitamin K** for normal blood clotting and healthy bones is found in leafy vegetables.

- **Vitamin E** to protect our body’s cells and tissues from damage is found in leafy vegetables.

Many of us like to drink juice, which is one way to consume these important components. But just like there is junk food and healthy food, there are healthy beverages and not so healthy beverages.

**How do you know if it’s healthy or not??**

- Go for drinks that say 100% Juice
- Go for drinks that have Reduced Sugar written on them
- Drink any juice in small amounts, ½ a cup to 1 cup is plenty at one time.
Use What You've Learned!

Name the benefits of each vitamin and where it can be found!

<table>
<thead>
<tr>
<th>Vitamin C</th>
<th>Benefits</th>
<th>Found Where</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin K</th>
<th>Benefits</th>
<th>Found Where</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Benefits</th>
<th>Found Where</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin E</th>
<th>Benefits</th>
<th>Found Where</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Try This At Home!!

Strawberry Fluff Recipe

Ingredients:
* 16 oz. strawberries fresh or frozen
* 1 pkg. colored marshmallows
* 1 large tub of Cool Whip
* 1/4-cup sugar

Supplies Needed:
* Parent
* Knife
* Mixing Spoon
* Large Bowl

Instructions:
1. Cut up the strawberries and place in the large bowl.
2. Mix the strawberries and the Cool Whip together.
3. Next add in the sugar.
4. Mix well.
5. Stir in 1/2 to 3/4 of the package of marshmallows.
6. Finally refrigerate for 30 minuets.
7. Enjoy!

What are you going to look for the next time you want to drink juice?

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________