

School Health Promotion Morning Announcements

NOVEMBER: Take Five!



Quiz:

[Start speaking here.]

1. How many servings of fruits and vegetables should you eat per day?
 - A. 2
 - B. 5
 - C. You don't really need to eat fruits and vegetables.

The answer is "B." 5 servings contain about 2 ½ cups of fruit. An example of a cup of fruit is 1 small apple. An example of half a cup of vegetables is 6 baby carrots.

2. Which is a good way to get a serving of fruits and vegetables?
 - A. Fruit Loops
 - B. Strawberry-flavored milk
 - C. A handful of blueberries sprinkled on your cereal

The answer is "C." "A" and "B" may have fruit in their name, but they don't come close to being as healthy as real fruit!

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