



Colorful Fruits

At child care, we include a variety of fruits at meals and snacks. We serve fruits because they:

- Add color, texture, and flavor to meals and snacks.
- Provide vitamins and minerals for your child's growth and play.
- Provide fiber to help prevent constipation.
- Help your child learn healthy eating habits.

Recipe: Baked Sweet Potatoes and Apples

Baking apples and sweet potatoes together creates a tasty side dish that both kids and adults enjoy. Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan apples work well in this recipe.

Makes:

6 servings
(½ cup)

Preparation time:

7 minutes

Cook time:

40 minutes

Ingredients

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon salt
- 2 cups sweet potatoes, peeled, ½-inch cubed
- 3 cups apples, peeled, cored, ½-inch cubed
- 1 tablespoon canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8-inch X 8-inch) with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, and salt.
4. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until the sweet potatoes are tender.
7. Serve ½ cup.

Try a Rainbow of Fruits

Encourage your child to try fruits of all different colors. There are fruits for every color of the rainbow.

Red

strawberries,
cherries,
raspberries

Orange

oranges,
nectarines,
peaches,
cantaloupe

Yellow

bananas,
pineapples

Green

kiwi, grapes,
apples

Blue & Purple

blueberries,
plums, grapes

Make Your Own Rainbow!

As your child tastes different fruits, encourage him or her to color the section on the rainbow that matches the color of the fruit. Display the complete rainbow at home or share it with us.

