

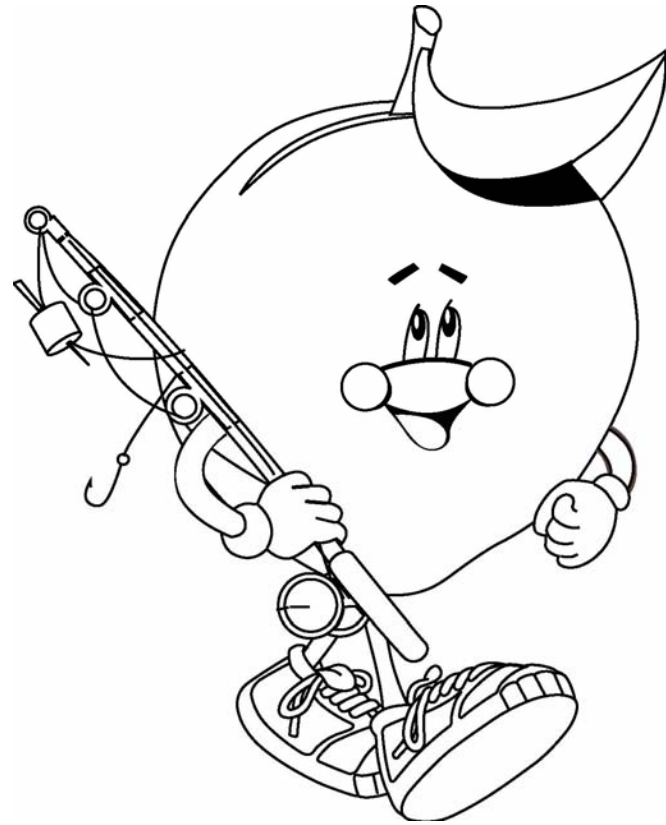


CHAMPIONS for CHANGE

Network for a Healthy California

For food stamp information,
call 877-847-3663. Funded by the
USDA Supplemental Nutrition
Assistance Program, an equal
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Peach character on cover taken from
dole5aday.com.



Peter Peach ©

MY PEACH BOOK

BY: _____

Peach Activity:
Build a Word



Using the letters of PEACHES, make as many new words as you can.

PEACHES

Use as many of these words as you can in a paragraph.

Peach Activity:
Math Story Problems



1. A farmer planted an orchard of peach trees. He planted 6 rows of trees, with 5 trees in each row. How many trees does the farmer have?

2. A peach tree grows a foot a year. How tall will the tree be in 7 years?

3. Each tree produces 10 pounds of peaches. How many pounds will 8 trees produce?

3. The farmer sells his peaches for \$2.00 a pound. How much will 4 pounds cost?

4. You have \$14.00. If peaches cost \$2.00 per pound,. How many pounds can you buy?

5. You have \$11.50. If peaches cost \$2.00 per pound and you purchase 3 pounds of peach, how much money will you have left?

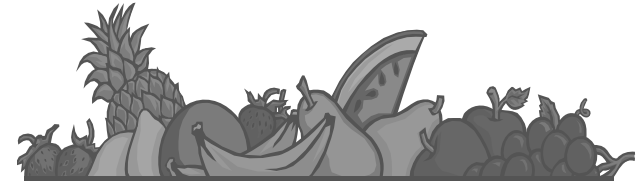
Peach & Nectarine Facts



1. Peaches are members of the rose family and related to almonds.
2. Yellow flesh peaches are more popular in the U.S. and Europe while white flesh peaches are more popular in Asia.
3. Peaches rank among the top ten most commonly eaten fruits and vegetables by California children.
4. Nectarines are a type of peach with smooth skin.
5. Peaches grow on trees in warm weather climates.
6. Fresno County in California leads the nation in peach and nectarine production.
7. The peach blossom is the state flower of Delaware; peaches are the state fruit of South Carolina; and Georgia is nicknamed the peach state.

Enjoy fruits and vegetables all summer long!

Make a list of fruits and vegetables you would like to eat throughout the summer.



My Summer Fruit and Vegetable List

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Share your produce list with your family
and go shopping!

Peach Comprehension Questions



1. True or False: Yellow flesh peach are more popular in Asia than the U.S. ? _____
2. Which state is the nation's leader in peach production? _____
3. True or False: Peaches are a member of the rose family. _____
4. Peaches are a good source of what vitamin? _____
5. In what state is the peach the "state fruit"?

6. What disease is caused by insufficient intake of Vitamin C? _____
7. Name two types of peaches.

Peach Nutrition Facts



1. Peaches are a good source of vitamin C, also known as ascorbic acid.
2. Vitamin C is a water-soluble vitamin that acts as an antioxidant that attacks free radicals in the body.
3. Vitamin C helps the body make collagen which is a substance that helps strengthen connective tissues and keep gums healthy.
4. Insufficient intake of vitamin C may result in a disease known as scurvy.
5. There are two types of peaches: freestone and clingstone. Clingstone peaches are mainly used for canning, preserves, juices, and baby food. Freestone peaches are sold as fresh fruit.