

did you know?

- A pineapple is neither a pine nor an apple, but a fruit consisting of many berries that have grown together.
- Hawaii is the only US state to grow pineapples for the purpose of mass production.
- Growing a pineapple is easy. All you have to do is cut off the crown of the pineapple, let it partially dry, and then and put it back in soil.
- Studies have found that consuming pineapple can improve your memory

OM-PINEAPPLE



JOKE



Why did the pineapple stop
in the middle of the road?
Because he ran out of
juice!

EASY PINEAPPLE PUDDING

INGREDIENTS:

- 1 CAN CRUSHED PINEAPPLE (20 OZ.)
- 1 PACKAGE INSTANT VANILLA PUDDING (3.4OZ)
- 1 CUP THAWED WHIPPED TOPPING

DIRECTIONS:

Mix together crushed pineapple (do not drain juice) and instant vanilla pudding mix. Gentle stir in whipped topping. Refrigerate for 1 hour before serving.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 -1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups