

5 A DAY AND CUCUMBERS

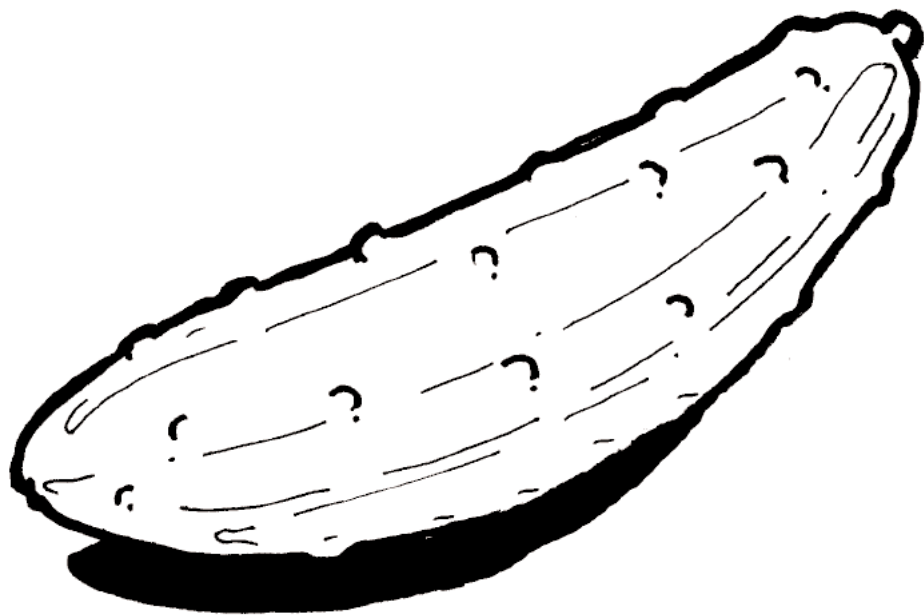
KIDS ACTIVITY SHEET

Try this fun & easy recipe

CUCUMBER DIP

1 large cucumber, peeled, seeded,
and cut into 1-inch pieces
1/4 cup parsley
1 scallion
1/2 cup plain low-fat yogurt
1 tbsp. cider vinegar

With the help of an adult, blend all ingredients in a food processor until smooth. Chill. Dip your favorite veggies! Makes 4 servings (1 cup). This is an official 5 A Day recipe.



Produce for Better Health[®]
Foundation

302 235 ADAY



WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice

1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables ■ 1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

WHAT IS A PICKLE?

You will need: adult supervisor, 1 large cucumber, fork, knife, 1 medium onion, 1/2 cup vinegar, 5 tbsps. water, 5 tbsps. sugar, 1/2 tsp. salt, and bowl.

Wash cucumber. With the help of an adult, using a fork, scrape the length of the unpeeled cucumber to make stripes all around. Cut cucumber and onion into thin slices. Mix onion and cucumber in one bowl. In another bowl, mix vinegar, water, sugar, and salt, and pour over onion-cucumber mixture. Cover and refrigerate for at least 24 hours before eating. Pickles can be kept for 2 weeks in a refrigerator.

**Eat 5 or more servings of fruits and vegetables
a day for better health**

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**