



# Harvest of the Week

Volume 1, Issue Pineapple

## Health and Learning Success

Eating the recommended amount of fruits and vegetables can help kids do better in school. Studies show that active children score higher on math and reading tests, too. **Harvest of the Week** helps your family explore, taste and learn about eating more fruits and vegetables and being active every day.

## Let's Get Physical!

Give children toys that encourage physical activity like balls, kites, bikes and jump ropes.

Limit TV time and keep the TV out of a child's bedroom.

## Fun Facts

Pineapples got their name because they look like pinecones.

Pineapples can weigh up to 20 pounds!

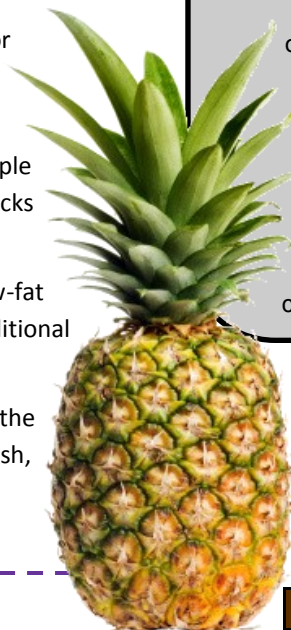
Most people believe the pineapple is a single fruit, but it's actually a cluster of 100-200 tiny fruitlets.

The pineapple is a traditional American symbol of hospitality.

# Pineapple

## HELP YOUR CHILD EAT HEALTHY

- Enjoy fresh sliced pineapple or sweet juicy chunks right out of the can.
- Stack fresh or canned pineapple chunks on kabobs or toothpicks for a kid-friendly snack.
- Top pineapple with low-fat cottage cheese for a traditional sweet and salty combination.
- Grill pineapple slices out on the grill for a sweet side dish, burger topping or dessert.



## PRODUCE TIPS

- Choose pineapples that look fresh with dark green leaves. Ripe pineapples are more yellow than green.
- Avoid pineapples that look old or have soft or bruised spots.
- Avoid pineapples with dry or brown leaves.
- Store whole fresh pineapple in the refrigerator 2-4 days.
- Cut pineapple lasts a couple of days if placed in a tightly covered container stored in the refrigerator.

# HealthWise

Recommended daily amount of fruits and vegetables:

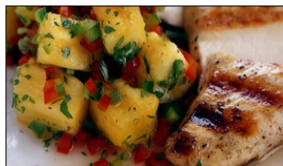
	Children, Ages 5-13	Teens and Adults
<b>Fruits</b>	1 – 1 ½ cups	1 ½ – 2 cups
<b>Veggies</b>	1 ½ – 2 ½ cups	2 ½ – 3 cups

- ✓ Ask your child what he/she learned about pineapples at school.

## PINEAPPLE SALSA CHICKEN

### Ingredients:

- 6 boneless, skinless chicken breasts
- 1 can (20oz) pineapple chunks
- 1/4 cup pineapple juice
- 1/2 cup red bell peppers, finely chopped
- 1 TBS green onion, chopped
- 2 tsp fresh cilantro, chopped
- 2 TBS jalapenos, chopped



### Directions:

1. Grill or broil chicken 5-10 minutes on each side or until chicken is no longer pink in the center.
2. Drain pineapple, reserving 1/4 cup juice.
3. Combine pineapple chunks, reserved juice, chopped bell pepper, onion, cilantro and jalapenos in bowl.
4. Serve salsa with grilled or broiled chicken.

Source: [www.dole.com](http://www.dole.com)

Pineapple Nutrition Facts	
Serving Size	2 slices, 3" diam., 3/4" thick
<b>Calories</b> 50	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 10g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 50%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

