Their bright green color tells us summer is on the way!

**Harvest Bites**
- Circle all meals that include peas. How many did you find?
- Are peas available in your school salad bar?
- How many types of peas can you name?

Possible answers: green peas, snow peas, sugar snap peas, English peas, shell peas.
Healthy, Fit and Ready to Learn

Fresh, frozen, dried, or canned Oregon-grown fruits and vegetables are all good for you. Using all forms of produce allows your children to enjoy their favorite fruits and vegetables year round.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.

Recommended Daily Amounts of Fruits and Vegetables

<table>
<thead>
<tr>
<th></th>
<th>Kids - ages 5-12</th>
<th>Teens &amp; Adults - age 13+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2 ½ – 5 cups per day</td>
<td>4 ½ - 6 ½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2 ½ – 5 cups per day</td>
<td>3 ½ – 5 cups per day</td>
</tr>
</tbody>
</table>

If you are active, eat the higher number of cups per day. Visit mypyramid.gov to learn more.

Just for Kids

Word Find!
Can you find the ten words hidden below?

Grown In Oregon
Oregon produces over 31,000 tons of green peas each year - the fourth largest green pea crop in the US. Popular pea varieties like Oregon Trail and Oregon Sugar Pod were developed at Oregon State University.

Oregon is No. 4 for Peas!

Healthy, Fit and Ready to Learn

Find the fruits and veggies: across, down or diagonal!

Word Find courtesy of Produce for Better Health Foundation.