Five a Day: Fruits & Vegetables

Eat Healthy • Stay Healthy

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One Watermelon vine can grow longer than 50 feet, and one watermelon can weigh as much as 100 pounds!

Watermelons can be different sizes and colors, but they all make a tasty summer treat!
We South Carolina sweet potatoes are also called yams. We grow underground like carrots and have to be dug up!
Grapes

Grapes are great as a snack or as juice. Dried Grapes are raisins!

Grapes grow in clusters on vines. We can be pale green, red, purple, or black in color. The place where we are grown is called a vineyard.
Cabbage grows in "heads" and looks like lettuce. It has lots of Vitamin C, and it tastes great both cooked and raw!
Bananas grow in bunches on giant plants that look like palm trees. We grow in tropical areas.
Peas grow in pods on small vines. We like to stick together!
Blueberries

Most South Carolina blueberries are grown on "U-Pick" farms. That means you pick them yourself!

Blueberries grow on bushes. Pick me! I taste best right off the bush!
Cucumbers, or "cukes," are members of the squash family. Most South Carolina cukes are grown for pickling, but some are put in salads.
A peach has soft, fuzzy skin. You can peel it off or wash it and eat the whole peach.

Try me sliced on cereal!
Snapbeans

We South Carolina snapbeans get our name from the sound we make when you break the skinny pod of the bean.
South Carolina apple trees grow mostly in the mountains.

Apples grow in fields full of fruit trees, called orchards. Try an apple for an afternoon snack!
Broccoli grows on small plants. The part we eat is really a bloom!

Broccoli has lots of Vitamin A!
Strawberries are easy to grow. They have leaves that stay green all year.

We're so yummy that the birds might get us before you can! Try fresh strawberries for dessert!
Mushrooms
taste great in spaghetti sauce and salads and lots of other yummy foods!

Good mushrooms are grown in the dark by mushroom farmers. Don’t eat the ones you find outside, because they could be poisonous!
Carrots are roots that grow underground. Carrots have lots of Vitamin A.
Oranges

We have lots of Vitamin C!

Juicy oranges are great for breakfast and snacks. Eat one today!