Healthy Serving Ideas
• Blend fresh or frozen peaches with lowfat milk, 100% orange juice, and ice.
• Combine peaches, lowfat yogurt, and granola for a healthy snack.
• Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals.
• Take your child to a farmers’ market to find California grown peaches — in-season fruits and vegetables cost less and taste better.

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GOOD MORNING COBBLER
Makes 4 servings. 1 cup each.
Total time: 10 minutes
Ingredients:
2 medium peaches, sliced (or 1 (15-ounce) can sliced peaches*, drained)
1 (15-ounce) can pear halves*, drained and sliced
¼ teaspoon almond or vanilla extract
¼ teaspoon cinnamon
¾ cup lowfat granola with raisins
*Canned fruit packed in 100% fruit juice.
1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.
Nutrition information per serving:
Calories 171, Carbohydrates 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg
Adapted from: Kids…Get Cookin’, Network for a Healthy California, 2009.

How Much Do I Need?
• A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach.
• A ½ cup of peaches has vitamin C, vitamin A, and fiber.
• Fiber helps you feel full and keep your blood sugar level normal. Fiber also helps you maintain a healthy weight. Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

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

Let’s Get Physical!
• Visit one of California’s almost 300 state parks. Or visit a regional or local park. These are family-friendly and usually free or low cost to the public.
• Parks provide many ways to be active — from water sports, hiking, and biking to exploring California’s nature, history, and cultures.
To find a park near you, visit: www.parks.ca.gov/parkindex/

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Did You Know?
Nectarines are a type of fuzzless peach with a smooth skin.
攜手邁向健康與成功學習

水果派

材料（四人份，每人一杯）：
2 個中型桃子，切片
（或 15oz 樽頭切片桃子）
1 罐（15oz）梨子罐頭，排乾水分及切片
½ 茶匙杏仁汁
½ 杯低脂麥片
½ 茶匙肉桂
1. 將桃子，梨子，和杏仁汁混合在一個大碗裡
2. 再將麥片灑在上面
3. 放進微波爐高溫烘 5 分鐘，待冷卻 2 分鐘
4. 用湯匙即可享用

Adapted from: Kids...Get Cookin!, Network for a Healthy California, 2008.

秘訣

• 選擇有香味和軟硬適中的桃子。
• 選擇黃色成熟的桃子。
• 將堅硬的桃子放入牛皮紙袋裡，置於室溫下待熟，可貯存 3 天。
• 將成熟的桃子用塑膠袋包起放入冰箱裡，可貯存 5 天。

來運動吧！

• 多參加戶外活動，並善用夏令時較長的白天時間。
• 加州各式公園多達三百個，這些公園都是適合家庭消閒及活動的地方，並且免費（可能會有泊車費用）。
• 公園提供多樣康樂活動，例如水上運動，遠足，騎自行車和探索加州的自然，歷史和文化。

更多資訊，可參閱：
www.cachampionsforchange.net

尋找家居附近公園，可參閱：
www.parks.ca.gov/parkindex/

我需要多少份量？

一份是一整個中型桃子或油桃，大約是一個棒球的大小。

確保每日要進食不同種類的水果和蔬菜，以達到每日總需求。

建議每日蔬果數量

<table>
<thead>
<tr>
<th>年齡</th>
<th>每日份量</th>
<th>份量</th>
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<tbody>
<tr>
<td>兒童5-12歲</td>
<td>每天 2又1/2 - 5杯</td>
<td>每天 3又1/2 - 6又1/2杯</td>
<td>每天 4又1/2 - 8杯</td>
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<td>青少年13-18歲</td>
<td>每天 3又1/2 - 6又1/2杯</td>
<td>每天 4又1/2 - 8杯</td>
<td>每天 6又1/2 - 10杯</td>
</tr>
<tr>
<td>成人19歲以上</td>
<td>每天 4又1/2 - 8杯</td>
<td>每天 6又1/2 - 10杯</td>
<td>每天 8又1/2 - 12杯</td>
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