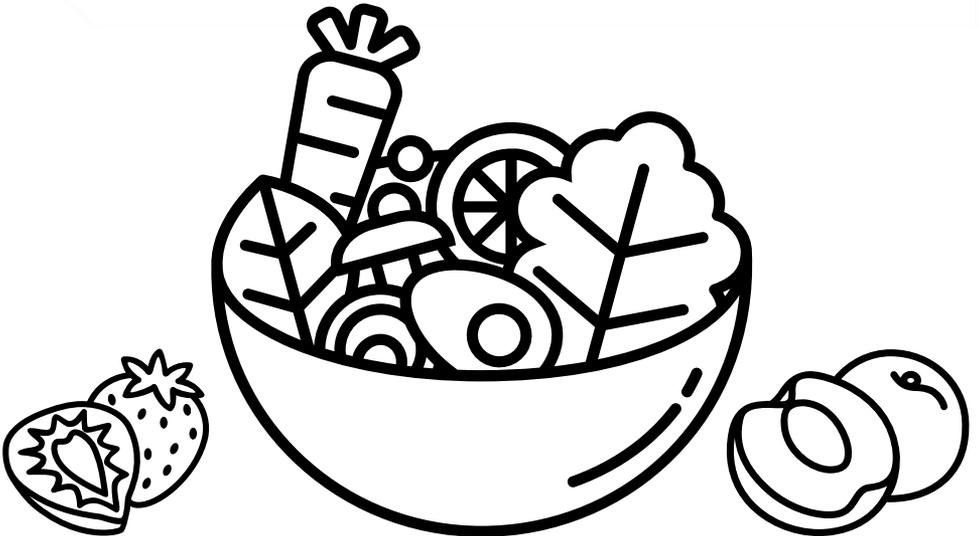
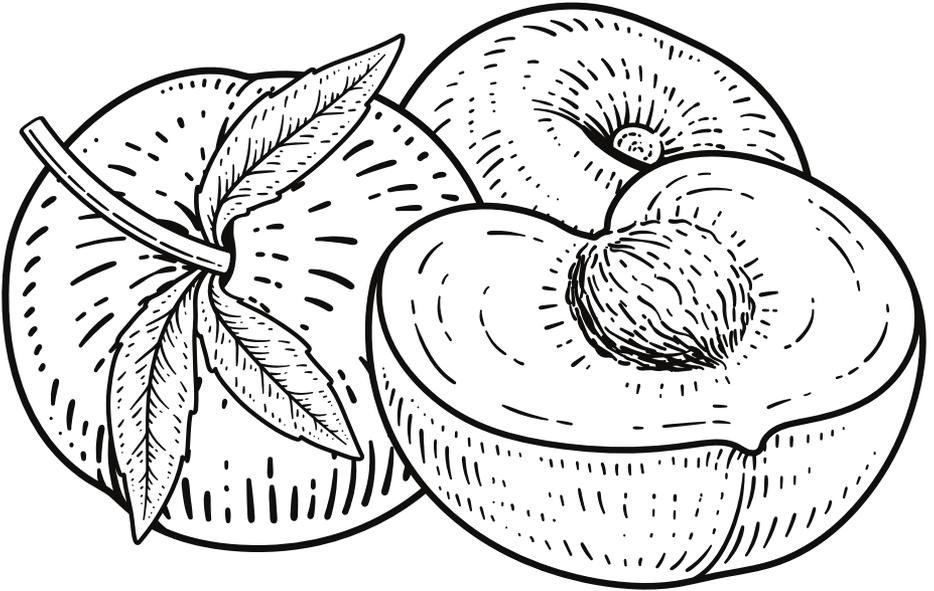


MEMPHIS  
SHELBY COUNTY  
SCHOOLS



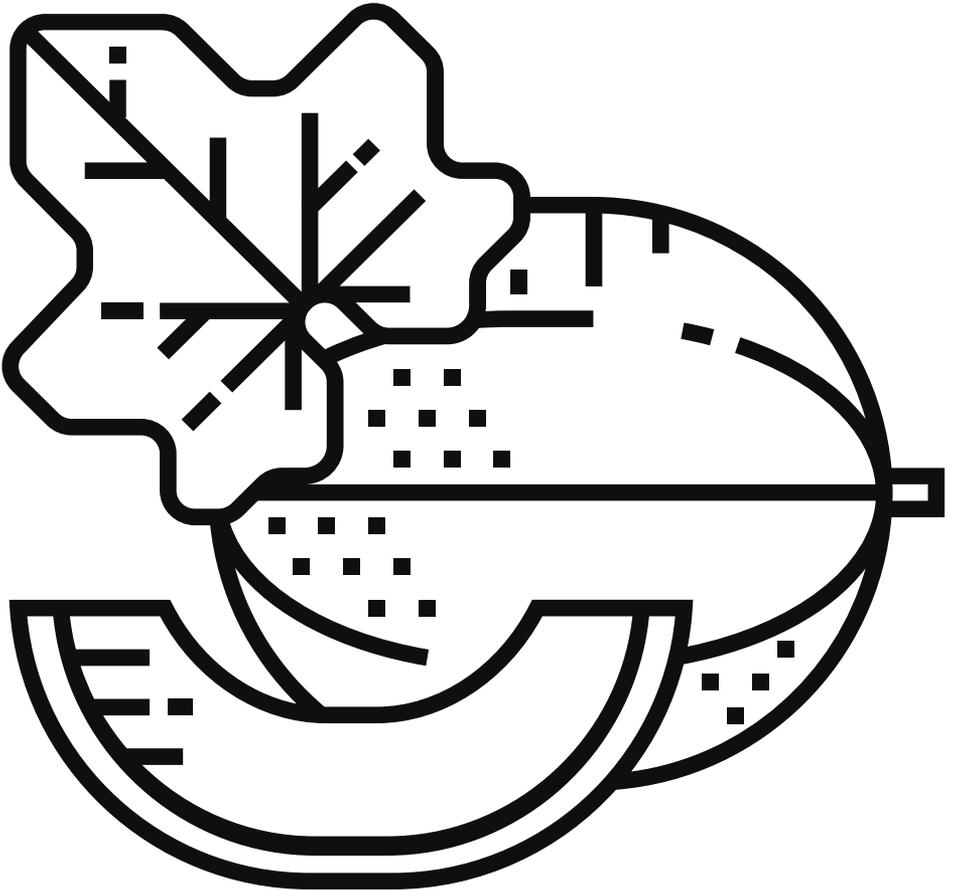
# AUGUST - PEACHES

Peaches are the fruit of a peach tree. They are a good source of vitamins A and C. This helps your body fight off sickness and helps your eyes.



# SEPTEMBER - CANTALOUPE

Cantaloupe is a fruit that develops on a vine. Cantaloupe is sweet and has vitamins A and C. This helps our body grow and keeps you strong.



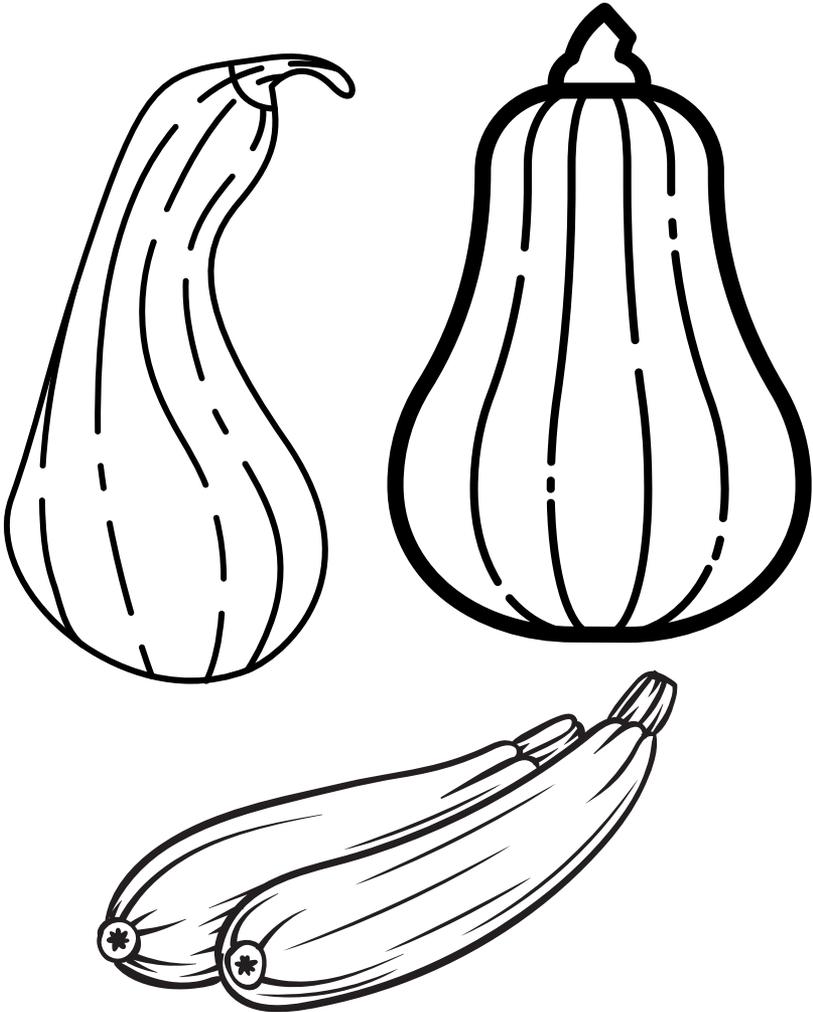
# OCTOBER - PUMPKIN

Pumpkins are the fruit of the pumpkin vine. Pumpkins have vitamin A and are great for your eyes and skin health and supports your immune system.



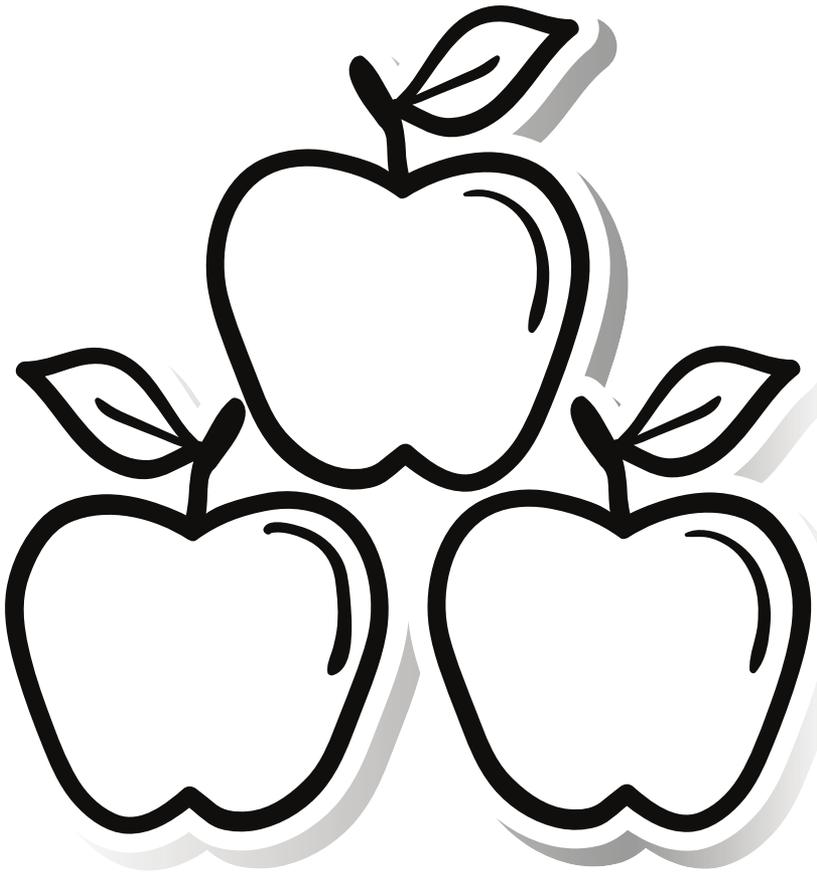
# NOVEMBER - SQUASH

Squash are the fruit of the squash vine. Squash are rich in vitamin C, which is important for growing and repairing cell tissue. Squash is also high in fiber, which helps digestion.



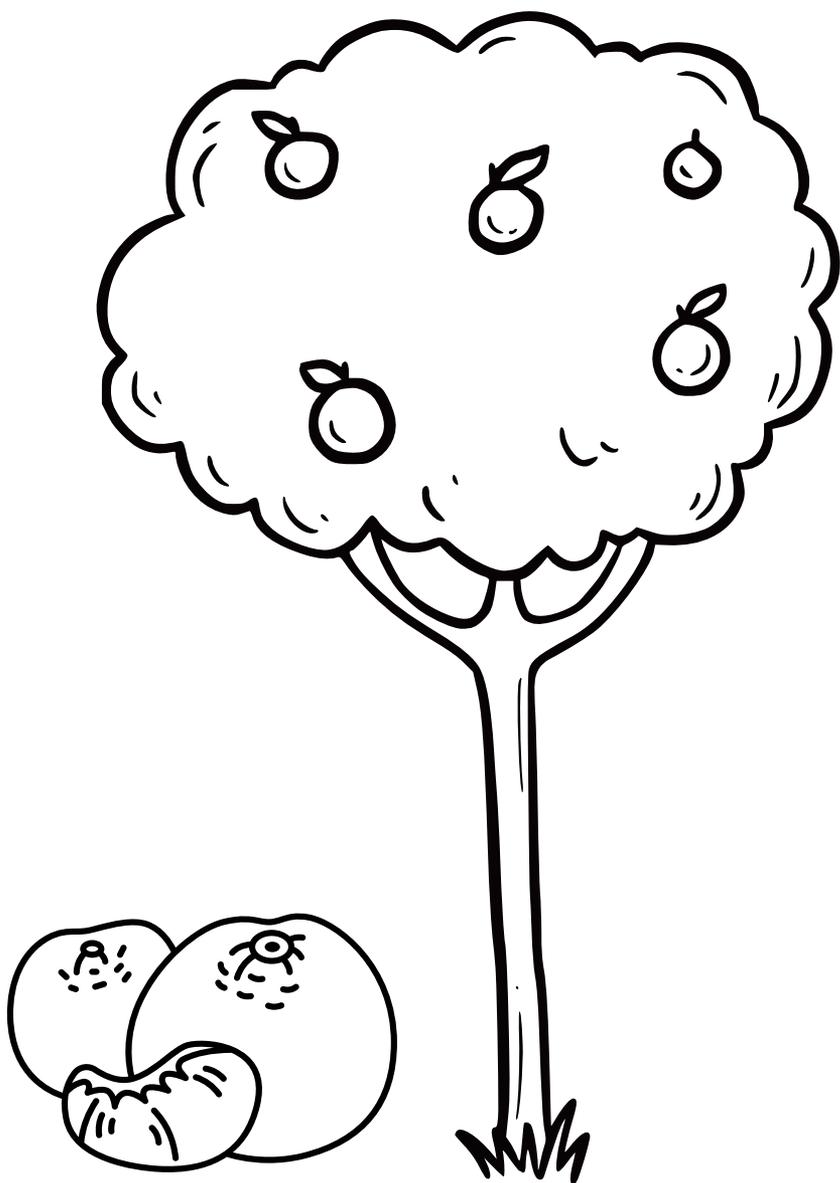
# DECEMBER - APPLES

Apples are the fruit of the apple tree. Apples contain fiber, vitamin C, antioxidants, and potassium. Which helps keep your body healthy and your heart strong.



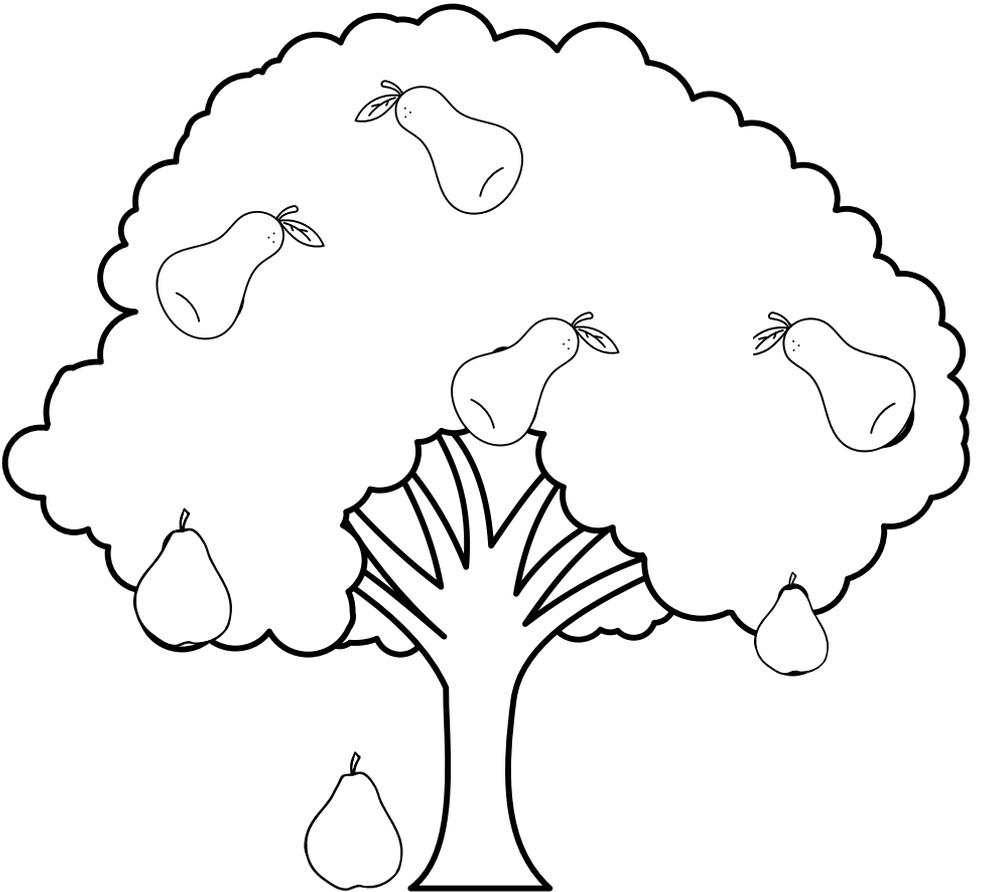
# JANUARY - CLEMENTINES

Clementines are the fruit of the clementine tree. A clementine is a great source of vitamin C and antioxidants. This helps our body stay strong and prevents sickness



# FEBRUARY - PEARS

Pears are the fruit of the pear tree. Pears contain high levels of antioxidants, and vitamins C and K. This helps keep your body well and helps you with cuts and bruises.



# MARCH - GRAPES

Grapes are the fruit of the grape vine. Grapes are an excellent source of vitamins C and K. This helps to keep your body strong and your blood healthy.



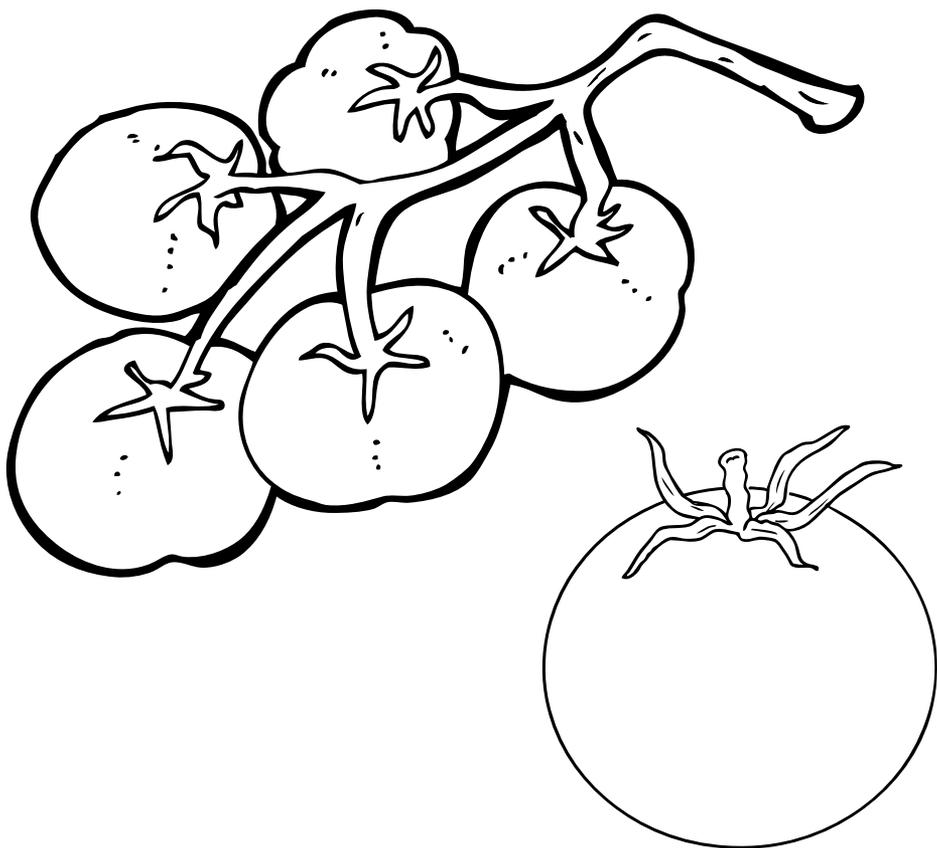
# APRIL - SUGAR SNAP PEAS

Sugar snap peas are the fruit of the pea vine. Snap peas are an excellent source of iron, fiber, vitamin C and protein. This helps to keep you well and helps your body with digestion.



# MAY - TOMATOES

Tomatoes are the fruit of the tomato vine. Tomatoes are an excellent source of vitamins C and K, and fiber. This helps you live a long healthy life.



# JUNE - BLACKBERRIES

Blackberries are the fruit of the blackberry cane. Blackberries are an excellent source of fiber, vitamin C and manganese.

This helps to keep your bones and body strong.



# JULY - BLUEBERRIES

Blueberries are the fruit of the blueberry shrub. Blueberries are an excellent source of vitamins C and K and manganese.

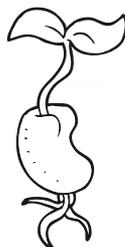
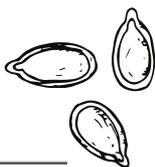
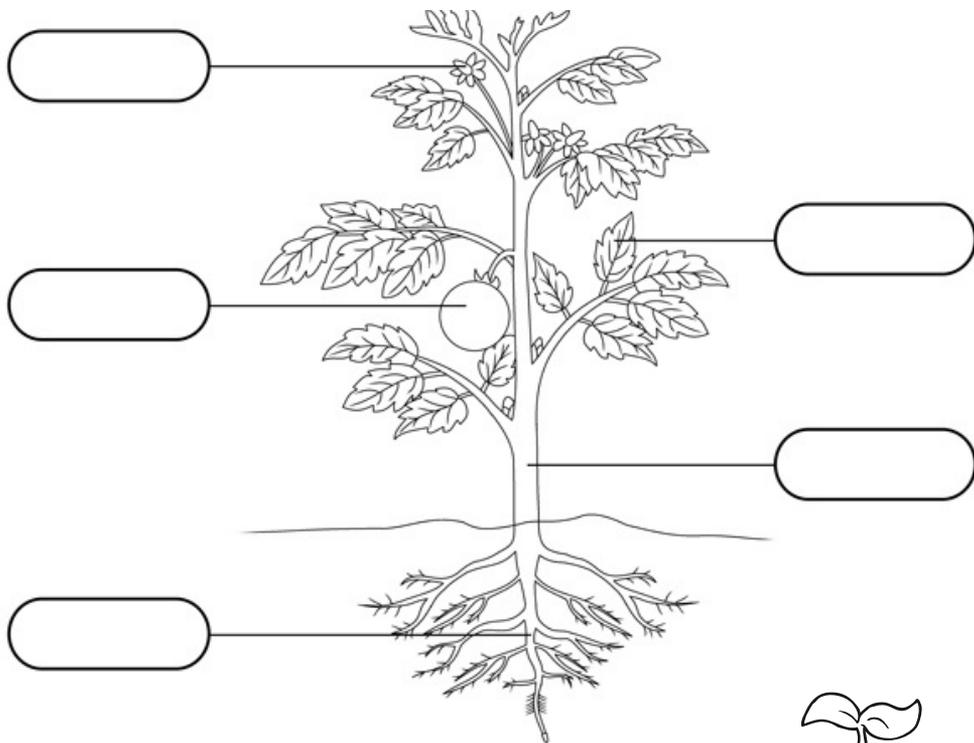
Blueberries help to keep your body healthy and your mind happy.



# PARTS OF A PLANT

What are the parts of a plant?

Do the fruits and vegetables we eat come from these parts of a plant?



## Word Box

Roots

Stem

Leaves

Fruit

Flower

Seed

# NOTES

A blank sheet of lined paper with a spiral binding on the left side. The paper is framed by a thick black border. On the left side, there are ten circular holes representing the spiral binding. The main body of the page is filled with horizontal lines, providing space for writing notes. The lines are evenly spaced and extend across most of the width of the page.



**Nutrition Services**

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