

# BE GRAPE-FUL

"Eat ye, O people, of the good things which God hath allowed you . . . be of them that are truly thankful." —Bahá'u'lláh

**M**ost "fast food" isn't good for you. But there's a type of fast food—the fastest you can get—that's healthy and delicious: fruit! Pick. Wash. Eat. So fast and easy!

If you live in California, you might grab some grapes for a snack. In China, have lychees at lunch. Try star fruit in Sri Lanka. A dazzling variety of nutritious fruit grows all over our amazing planet, in diverse tastes, colors, and shapes.

Fruits are not only delicious, they're full of healthy vitamins, fiber, and other nutrients. They're colored by different natural chemicals, so it's extra powerful to eat many colors. The next time you're at the farmer's market, look for red, green, yellow, orange, and even blue and purple fruit! Try to eat a rainbow every week.

No matter where you pack your lunch, when life gets busy and you need a lift—fast—try saying thanks for the fruit!

Check out these delicious clues. Match each fruit to a country where it's popular.

## 1 POMEGRANATE

I GROW ON TREES IN PERSIAN LAND. MY HEALTHY SEEDS ARE IN DEMAND.

## 2 PERSIMMON

MY HOME IS MADE OF ISLANDS SURROUNDED BY THE SEA. I'M LOVED FROM NAGASAKI TO THE SLOPES OF MT. FUJI.

## 3 BANANA

AT THE TROPICAL EQUATOR, I GROW IN YUMMY BUNCHES. I'M JUST SO SWEET AND HANDY FOR EASY SNACKS OR LUNCHES.

LIKE THE BIRD THAT SHARES MY NAME, IT'S TRUE I CANNOT FLY. BUT RIGHT BENEATH MY FUZZY PEEL'S A TEMPTING TASTE TO TRY.

## 4 KIWI FRUIT

## 5 MANGO

I GROW IN MANILA IN THE PACIFIC, I'M JUICY AND YUMMY AND JUST PLAIN TERRIFIC!

## 6 BLUEBERRIES

NEAR CANADA WE'RE WILD AND SWEET. PICK US FOR PICNICS—SUCH A TREAT!

## 7 APPLE

I'M CALLED LA POMME IN A PARIS CAFE. I'M THE PERFECT CHOICE ANY TIME OF THE DAY.

## 8 HORNEDED MELON

DON'T LET MY SPIKES FILL YOU WITH FRIGHT! IN AFRICA, I'M A DELIGHT.

**A** France

**B** New Zealand

**C** Japan

**D** Iran

**E** Namibia

**F** United States

**G** Ecuador

**H** The Philippines