



Hey kids, become a **FOOD EXPLORER** and check this out!

Pears



Did you know...?

- Pears, like apples and peaches, are a member of the rose family.
- Pears are just right for eating when the stem end feels slightly soft as you gently press it with your thumb.
- Some pears, like Asian pears, are round, more like apples.
- Pears can be yellow, green, red, brown, or combinations of these colors. Some have brown flecks.
- It takes a Bartlett pear tree five to seven years to produce fruit.



DELICIOUS AND NUTRITIOUS

Pears are juicy and sweet—low in calories and high in fiber. They also have vitamin C, which helps our bodies fight infection and heal cuts and scrapes.

A SUPER SNACK IDEA

Add fresh chopped pears to your favorite fruit or vegetable salad.

PEAR HUMOR

What are twins' favorite fruit?

Pears!