

Discover More About Fruits and Veggies!



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The Arizona Produce Passport



Take a nutrition adventure around Arizona!

Use your passport to collect stickers
from the fruits and vegetables you eat
to earn rewards.

How to Start Your Adventure

Each page in your passport gives you cool information about different fruits and vegetables. At the bottom of each page there is a place for stickers. The stickers you need to complete your Arizona Produce Passport are on the fruits and vegetables found in your grocery store.

Here is what you do:

1. Ask your parents to buy fruits and vegetables at the grocery store.
2. Take the sticker off the fruit or vegetable, wash and eat it. Then place that sticker in your passport.
3. Collect and paste the required amount of stickers for each fruit or vegetable on each page.
4. Make sure that you only use the stickers from the fruits and vegetables that you have eaten.
5. If your fruit or vegetable is missing a sticker, have your parent or guardian initial that sticker's spot.
6. Once all of the pages of your passport are full, show your book to your teacher to collect your reward!

Good Luck on Your Nutrition Adventure!

Congratulations!



You completed your Arizona Produce Passport. That is awesome! Tell us what you learned about fruits or vegetables while on your adventure.

What did you learn about fruits or vegetables?

What was your favorite fruit or vegetable?

Now all you need to do is print your name and write the date that you finished your passport. Show your completed passport to your teacher to collect your reward!

Print Your Name Here:

Date You Finished:

Nutrition Facts Guide

Here are some definitions that will help you understand the nutrition facts that are listed for each fruit and vegetable.

Calcium - helps to build strong bones and teeth.

Fiber - the part of plants that holds them together. When we eat fiber from plants it helps to clean our "food tube" or digestive tract.

Folate - helps the body form healthy red blood cells, which take oxygen through your body.

Potassium - is needed to contract your muscles and to balance the water that is in your body.

Vitamin A - helps keep your eyes and skin healthy and helps protect us against infections.

Vitamin C - helps heal cuts and wounds and keeps your teeth and gums healthy.

Arizona Map ~ Game Answers

- | | | |
|------|-------|-------|
| 1. J | 6. F | 11. H |
| 2. I | 7. K | 12. O |
| 3. E | 8. N | 13. A |
| 4. B | 9. G | 14. D |
| 5. M | 10. C | 15. L |

Start Your Adventure by Exploring Arizona



- The population of Arizona is about 6,200,000.
- There are 7,500 farms in our state.
- Arizona land produces more than 100 million cartons of fresh produce each year.
- Arizona is the third largest producer of fresh market vegetables in the United States.
- There are many varieties of fruits and vegetables that are grown in Arizona.



Watermelon

The watermelon is green and yellow in color on the outside. The inside is juicy, sweet and is 92% water. It is grown in Arizona from May until November. Watermelon is high in vitamin C and is a good source of vitamin A.

Nutrition Facts

1 cup of Watermelon	
Calories	46
Total fat (g)	0.2
Protein (g)	1
Carbohydrate (g)	11
Dietary fiber (g)	1
Calcium (mg)	11
Vitamin C (mg)	12
Potassium (mg)	170
Vitamin A (mcg RAE)	43

Collect 1 Watermelon Sticker

Watermelon
Sticker



Broccoli

Broccoli is usually green in color and has many heads that look like flowers. It is grown in Arizona January until March and October until December. Broccoli is high in vitamin C and is a good source of folate.

Nutrition Facts

1 cup of Broccoli	
Calories	30
Total fat (g)	0.3
Protein (g)	2
Carbohydrate (g)	6
Dietary fiber (g)	2
Calcium (mg)	41
Vitamin C (mg)	79
Potassium (mg)	278
Folate (mcg DFE)	55

Collect 3 Broccoli Stickers

Broccoli
Sticker

Broccoli
Sticker

Broccoli
Sticker



Cantaloupe

Cantaloupe is a round melon with firm, orange, sweet flesh. It is grown in Arizona from May until November. They are delicious to eat and are excellent sources of vitamin A and vitamin C.

Nutrition Facts

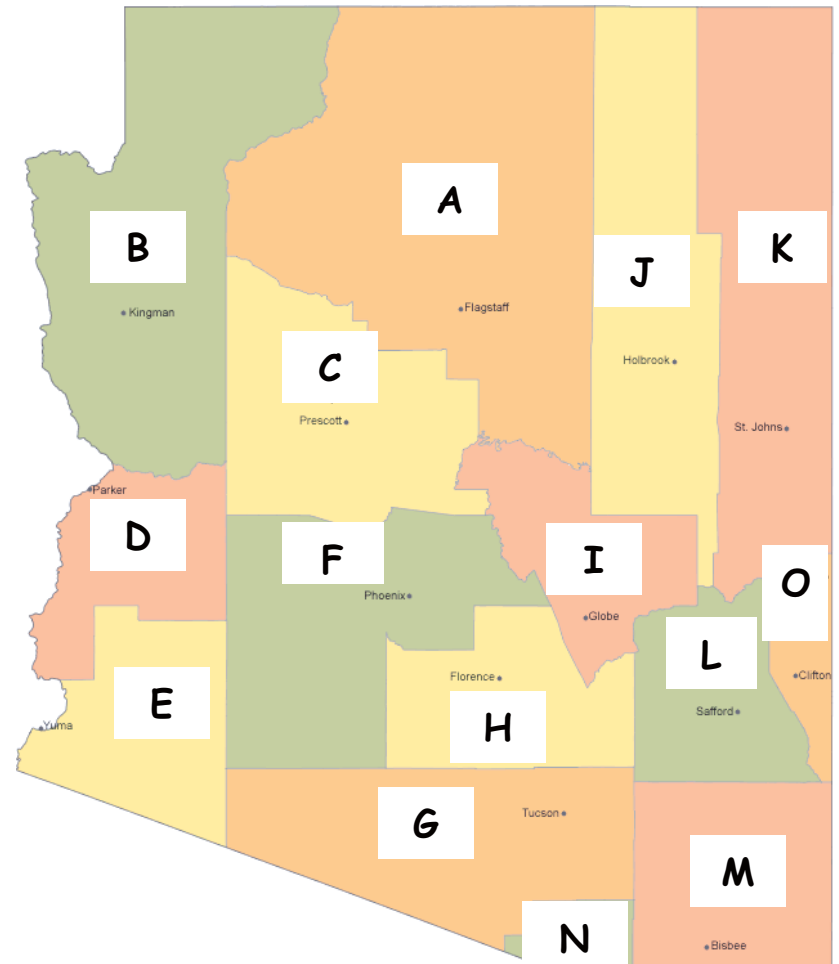
1 cup of Cantaloupe

Calories	53
Total fat (g)	0.3
Protein (g)	1
Carbohydrate (g)	13
Dietary fiber (g)	1
Calcium (mg)	14
Vitamin C (mg)	57
Potassium (mg)	417
Vitamin A (mcg RAE)	264

Collect 1 Cantaloupe Sticker

Cantaloupe
Sticker

Match the Arizona Counties to the Correct Location



1. Navajo _____
2. Gila _____
3. Yuma _____
4. Mohave _____
5. Cochise _____
6. Maricopa _____
7. Apache _____
8. Santa Cruz _____
9. Pima _____
10. Yavapai _____
11. Pinal _____
12. Greenlee _____
13. Coconino _____
14. La Paz _____
15. Graham _____



Spinach

Spinach is a dark green leafy vegetable that can be eaten raw or cooked. It grows in Arizona from January until March and from October until December. Spinach is high in vitamin A and is a good source of Folate.

Nutrition Facts

1 cup of Spinach	
Calories	7
Total fat (g)	0.1
Protein (g)	1
Carbohydrate (g)	1
Dietary fiber (g)	1
Calcium (mg)	30
Folate (mcg DFE)	58
Potassium (mg)	167
Vitamin A (mcg RAE)	141



Honeydew

Honeydew is a melon that has a pale green-colored flesh inside. The flesh is thick, juicy and sweet. It grows in Arizona from June until November. Honeydew is high in vitamin C and is a good source of potassium.

Nutrition Facts

1 cup of Honeydew	
Calories	61
Total fat (g)	0.2
Protein (g)	1
Carbohydrate (g)	15
Dietary fiber (g)	1
Calcium (mg)	10
Vitamin C (mg)	31
Potassium (mg)	388
Folate (mcg DFE)	32

Collect 2 Spinach Stickers

Spinach
Sticker

Spinach
Sticker

Collect 1 Honeydew Sticker

Honeydew
Sticker



Grapes

Grapes grow on vines and come in three basic colors: green, red and blue-black. We often eat dried grapes known as raisins. Grapes grow in Arizona from June until July. They are an excellent source of vitamin C.

Nutrition Facts

1 cup of Grapes	
Calories	110
Total fat (g)	0.3
Protein (g)	1
Carbohydrate (g)	29
Dietary fiber (g)	1
Calcium (mg)	16
Vitamin C (mg)	17
Potassium (mg)	306



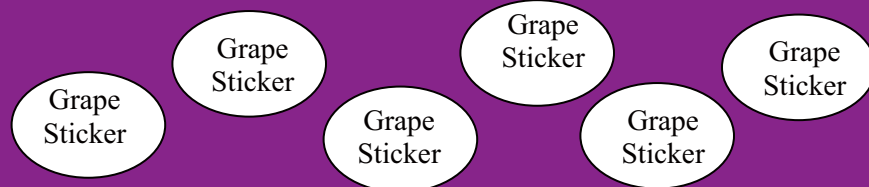
Cauliflower

Cauliflower is made up of clusters of flowers that can be white, green or purple in color. It grows in Arizona from January until April and from November until December. Cauliflower is high in vitamin C and a good source of folate.

Nutrition Facts

1 cup of Cauliflower	
Calories	25
Total fat (g)	0.1
Protein (g)	2
Carbohydrate (g)	5
Dietary fiber (g)	2
Calcium (mg)	22
Vitamin C (mg)	46
Potassium (mg)	303
Folate (mcg DFE)	57

Collect 6 Grape Stickers



Collect 3 Cauliflower Stickers





Apple

Apples are available in many sizes, shapes and colors. They can be sweet or tart depending on the type you choose. Apples can be made into applesauce, apple chips, apple juice and much more. They grow in Arizona from August until October. Apples are a good source of fiber.

Nutrition Facts

1 Apple	
Calories	72
Total fat (g)	0.2
Protein (g)	0
Carbohydrate (g)	19
Dietary fiber (g)	3
Potassium (mg)	150



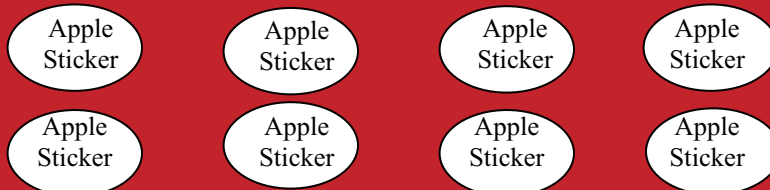
Orange

Oranges are round citrus fruits that are orange in color just like their pulpy flesh. They grow in Arizona from January until July. Oranges are juicy and sweet and are known for their high content of vitamin C.

Nutrition Facts

1 Orange	
Calories	62
Total fat (g)	0.1
Protein (g)	1
Carbohydrate (g)	15
Dietary fiber (g)	3.1
Calcium (mg)	52
Vitamin C (mg)	70
Potassium (mg)	237
Folate (mcg DFE)	41

Collect 8 Apple Stickers



Collect 8 Orange Stickers

