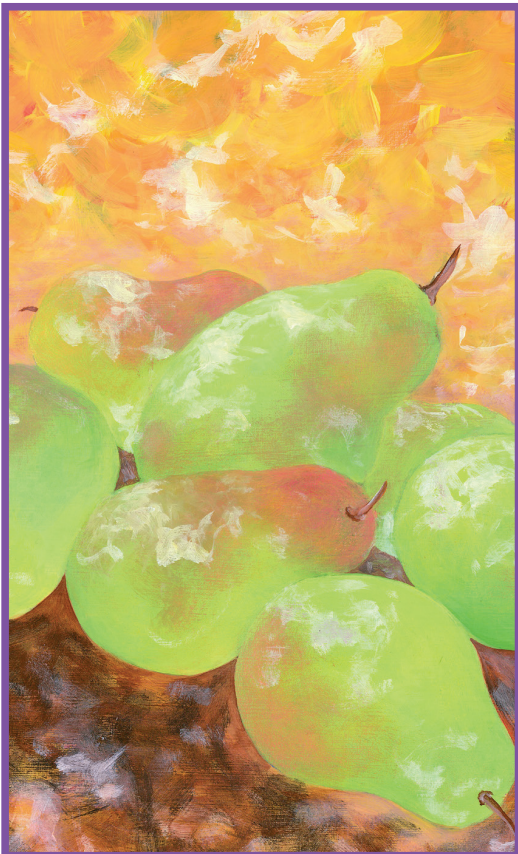


## PEARS

- Most pears grown in the United States are grown in Oregon and Washington.
- Pears are part of the rose family, which also includes apples, almonds, plums, raspberries and blackberries.
- Asian pears ripen on the tree and are best eaten firm. European pears ripen better off the tree and are ready to eat when slightly soft.
- Pears are a good source of vitamin C and fiber. They are most nutritious when eaten with the peel, as that is where most of the fiber and antioxidants are found.



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Nutrition Programs & Services



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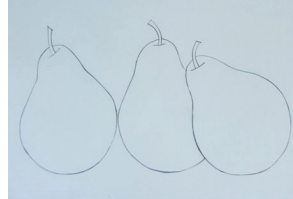


## ART: Pear Paper Mosaic

Source: [freekidscrafts.com](http://freekidscrafts.com)

### Supplies:

- Paint samples squares or scrap paper
- Poster Board
- Elmer's glue
- Scissors
- Pencil
- Rulers



### Directions:

1. Provide a template drawing of the pears as shown or have kids create their own.
2. Have kids cut paper into 1" squares or smaller.
3. Have kids glue paper squares down with Elmer's glue.
4. Mosaics are finished when every space has a square!

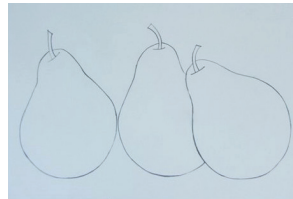


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