

# Go Wild

with **Red**  
**Fruits & Veggies!**

**Family Newsletter**

## **Dear family,**

Today your child learned about the red color group with the help of Derek Deer. Red fruits and vegetables contain lots of phytochemicals and vitamin c. They protect us from disease and build healthy bones, teeth, skin, and blood vessels.

In class we tasted different red fruits and vegetables that your child may want to eat at home, too. Your child may need help to buy and make them for snacks or meals. If you can grow your own fruits or vegetables in a garden, it will be easier and cheaper to give your family healthy foods during the summer.

Your child is also getting more physical exercise and learning why it is important.

## **Ask your child:**

- Which red fruits or vegetable did you try at school? What did you like?
- Tell me about the sugar you measured today.
- What kind of game or dance did you do?

## **Easy ways to add red fruits and vegetables to snacks and meals at home:**

- Add strawberries to cereal.
- Eat foods with tomato (spaghetti sauce, salsa, and chili).
- Serve canned beets for a vegetable.
- Serve apple pieces or radishes as snacks instead of cookies or chips.
- Invite your child to go with you to the farmers market to help pick out a red fruit or vegetable to buy.

## **Save money!**

- Check apple prices. There are many kinds of apples and they have different prices.
- Buy watermelon in season for about half its usual price.
- Buy locally grown tomatoes for the best price and taste.
- Grow red pepper if you have a garden. They can be expensive at the store.
- Buy lots of fresh raspberries and strawberries when they are cheaper and in season. Freeze and eat them later in the year.

***Eat different colors of fruits and vegetables to stay healthy!***

UNIVERSITY OF MINNESOTA  
**EXTENSION**

# Derek Deer's Fiesta Pizza

*(with lots of red vegetables!)*

- 1 package flour tortillas (use whole wheat tortillas if you can)
- 15 oz. can refried beans
- 15 oz. can **pizza sauce**
- 1 package shredded (small, thin pieces) mozzarella cheese
- 2 cups leaf lettuce shredded (cut in long, thin pieces)
- 1 **tomato**, cut in small pieces
- 1 jar **salsa**
- Add other toppings if you want: green pepper or black olives cut in small pieces

## Directions:

1. Heat oven to 400 degrees F before you begin.
2. Wash your hands.
3. Spray nonstick vegetable cooking spray on a flat metal (cookie) sheet.
4. Spray one side of each tortilla with nonstick cooking spray or rub it with vegetable oil.
5. Put the oil side of the tortilla on the sheet.
6. Spread 1/4 cup refried beans all over each tortilla.
7. Add 2 tablespoons pizza sauce on top of the beans.
8. Put cheese on top. Add other toppings if you want them.
9. Bake fiesta pizzas in oven about 10 minutes until they are bubbly and a little brown.
10. Take out of oven and put shredded lettuce and tomatoes on top.
11. Serve with salsa.

## **ADULT HELP MAY BE NEEDED**



Cut and keep.

### Go Wild Challenge

Please help your child make a snack or meal for your family. Include at least one red fruit or vegetable such as red apples, red grapes, red pears, pink grapefruit, watermelon, strawberries, raspberries, cherries, cranberries, red peppers, tomatoes, radishes, or beets.

Copyright © 2009, Regents of the University of Minnesota. All rights reserved. For Americans with Disabilities Act accommodations, please call (800) 876-8636. The University of Minnesota is an equal opportunity educator and employer. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Visit [www.extension.umn.edu/nutrition](http://www.extension.umn.edu/nutrition) for more information.