

Fruit-on-a-Stick

Even when you're not at the Fair, it's still fun to eat food on a stick!

Use a plastic knife, tiny cookie cutters or a melon baller to cut some of your favorite fruits into bite-size pieces and shapes. Here are some ideas, and the time of year they're best in Iowa:

- Strawberries (summer)
- Plums (summer)
- Oranges (winter)
- Pears (winter)
- Grapes (winter)
- Cantaloupe (summer)
- Watermelon (summer)
- Apples (fall)
- Blueberries (summer)
- Peaches (summer)
- Kiwi fruit (winter)
- Pineapple (fresh or canned all year)

To make one kabob, carefully push a skewer or toothpick through your cut-up fruit. Alternate colors and shapes to make it pretty.

You can add some marshmallows to make it sweeter or spread a spoonful of peanut butter for peanutty goodness!

Or dip your kabob in some yogurt! Yum Yummy!

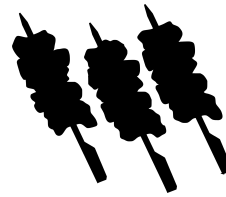
See if you can find all these fruits in this book:

The Very Hungry Caterpillar by Eric Carle

<https://www.youtube.com/watch?v=vkYmvxP0AJI>



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We usually don't think about how food gets from the farms where it grows to our grocery stores, but not so long ago, people in Iowa could only get fresh fruit in the summer. So, they picked apples, pears, plums and strawberries in the summer and preserved them so they could have fruit all winter.

Now you can get food from just about anywhere no matter where you live. But in Iowa, at least some of your **food comes from far away**.

Where did the very hungry caterpillar get all that fruit? And how does it get to Iowa? See if you can match the fruit with the place and the transportation. Look on the Internet, check at the grocery store, or a sticker on the fruit you eat. (Be careful, we're being a little tricky here. We may not use all the answers.)

Where Does It Grow and How Does It Get Here?

Where it grows	Fruit	How it gets here
Texas	Apples	Truck
Iowa	Pears	Airplane
Florida	Plums	Bus
California	Strawberries	Train
Washington	Oranges	Barge
Oregon	Watermelon	Boat

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