

PEACH

FAST FACTS

- Peaches are a type of drupe or "stone fruit." Other stone fruits include nectarines, tangerines, cherries and mangos
- Peaches share its species with nectarines, differing in just one genetic mutation
- Peaches come from China but can be grown in Arizona with plenty of sunlight and water.
- Peaches are part of the rose family.



IMPORTANT NUTRIENTS

- **Fiber** – to maintain gut health
- **Vitamin C** – helps wounds heal
- **Vitamin A** – important for eyes, skin, and immune systems
- **Vitamin E** – powerful antioxidant
- **Potassium** – plays a role in every heartbeat
- **Water** – essential for life

SELECTION & STORAGE

Choose peaches that are medium sized and not too hard or soft. Unripe peaches will not sweeten after being picked.

Although peaches are good at room temperature, they are not harmed by refrigeration. Peaches can be kept up to one week depending on freshness.

IDEAS FOR SERVING

- Enjoy raw either whole or sliced
- Peaches can be enjoyed with yogurt for extra flavor and nutrients
- Try grilling peaches at a cookout

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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how peaches looks, feels, tastes, sounds, and smells.

Singing

Write a song about the health benefits of peaches. Share with the class!

Fruit Math

Count as many of the tiny grooves on your peach pit as you can. How high did you get?

Write a Recipe

Invent a new recipe that includes peaches as one of the ingredients.

Compare & Contrast

Make a list of similarities and a list of differences between peaches and another fruit. Are there more similarities or differences?

Watch a Video

Find and watch a video online that shows how peaches are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other drupe or stone fruits?

Describe the steps you would take to grow peaches at home.

Why is eating peaches good for your health?

What should you look for when selecting peaches at the store?

What is your favorite way to eat peaches?

REFERENCES

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