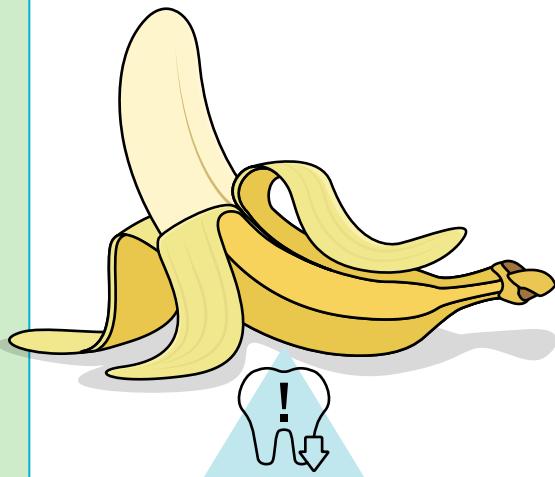
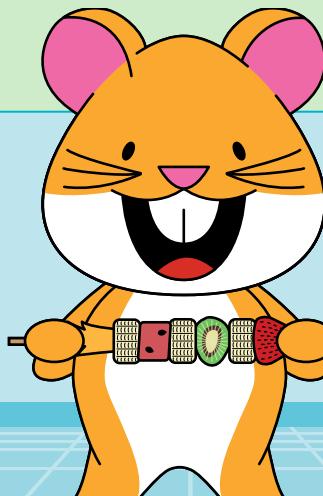


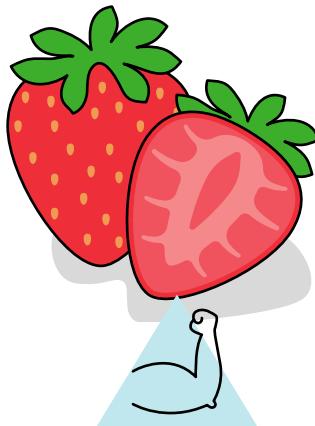


Nutrition that's out of this world

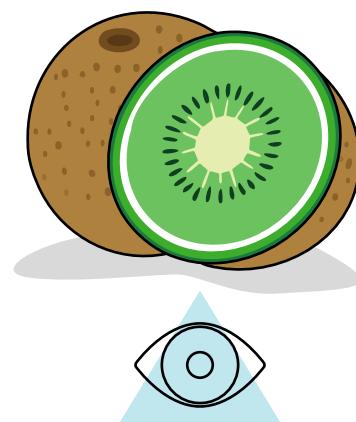
Want to eat fresh, tasty foods that also keep your smile strong and healthy? Make these fruits the star of your next snack time:



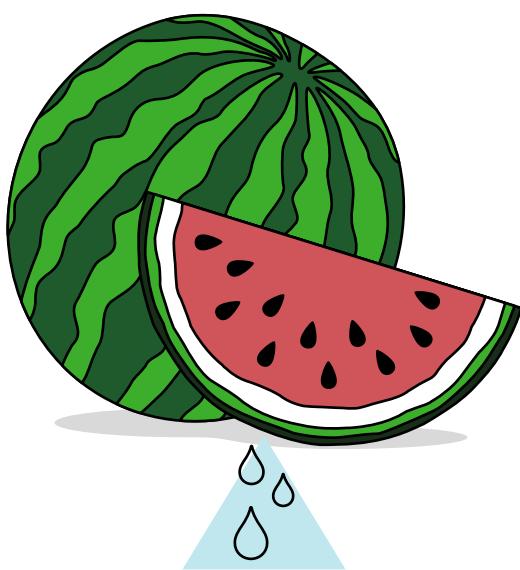
Bananas are a good source of potassium that helps strengthen tooth enamel and reduce gum sensitivity.



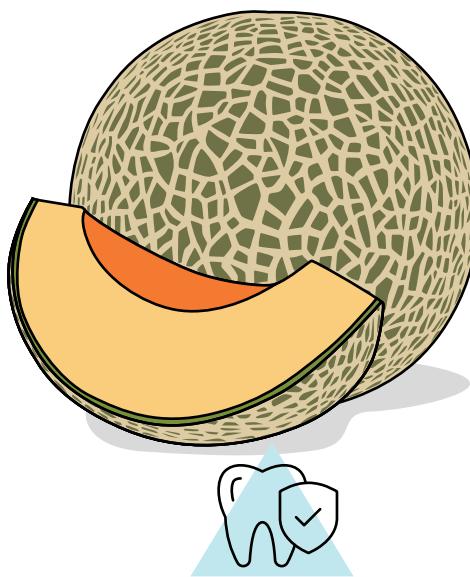
Strawberries and other berries are packed with vitamin C, which is important for strong gums and eyes.



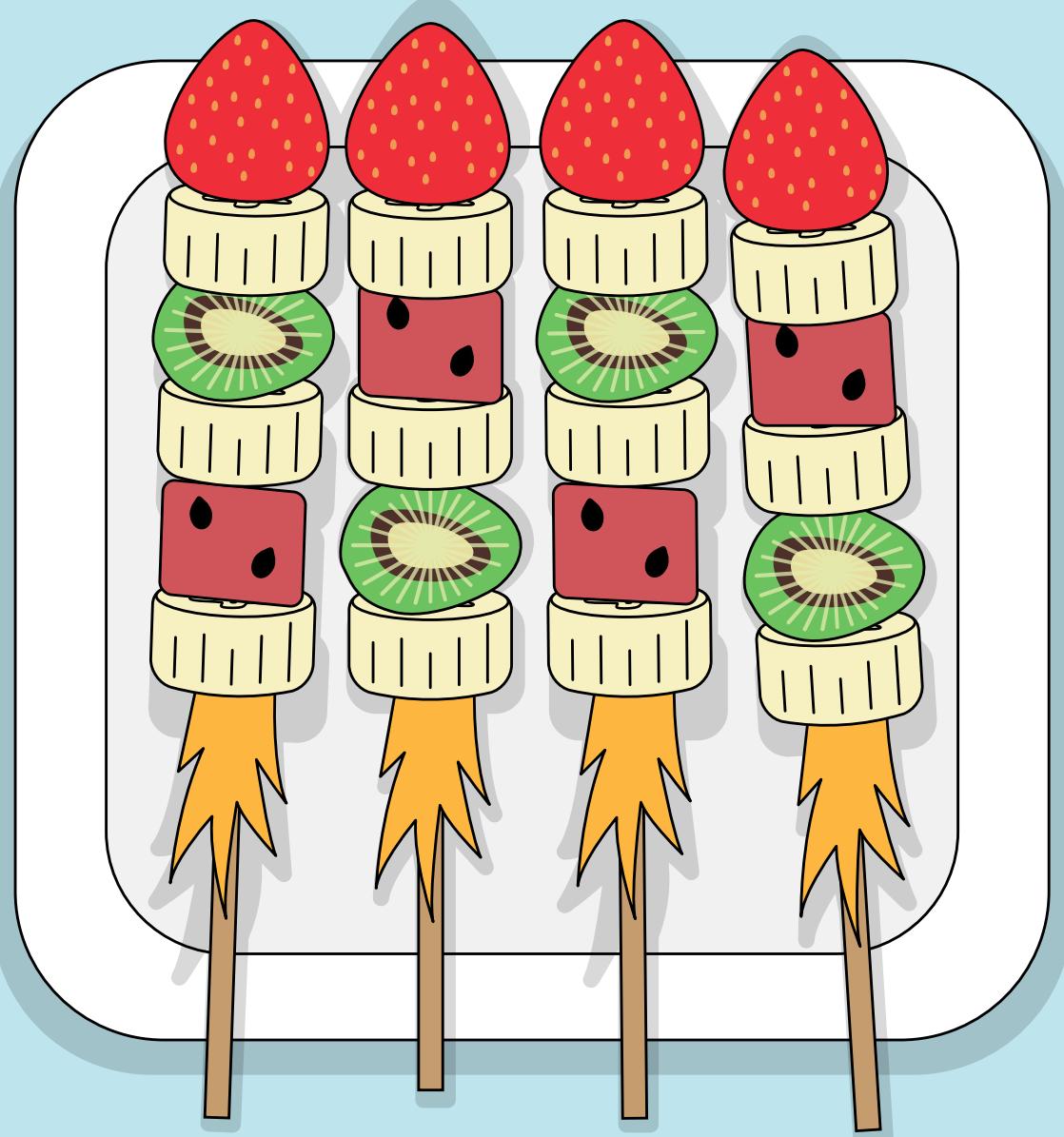
Kiwis have calcium for strong teeth and vitamin A for healthy eyes.



Watermelons boost saliva production, which helps keep your mouth clean.



Cantaloupe is another good source of vitamin C. It also has less natural acid than many fruits, so it won't damage your teeth.



Fruit kabob rockets

Explore the universe — and the oral, vision, and overall health benefits of different fruits — with these stellar fruit kabob rockets!

INGREDIENTS:

- Fresh fruit of your choice, enough to fill at least 3-4 skewers
Note: Can make a fresh veggie kabob if you prefer
- Disposable skewers

DIRECTIONS:

- 1 Ask a grown-up for help.
- 2 Wash the fruit (if needed).
- 3 Have a grown-up help you slice the fruit.
- 4 With their help, slide the fruit onto the skewer.
- 5 Start with the biggest pieces of fruit first, so they're at the bottom of the rocket (skewer).
- 6 Keep going until you fill the skewer and complete your rocket.
- 7 Enjoy your snack! Be sure you pull the fruit off the kabob to eat it and don't put the sharp skewer in your mouth.