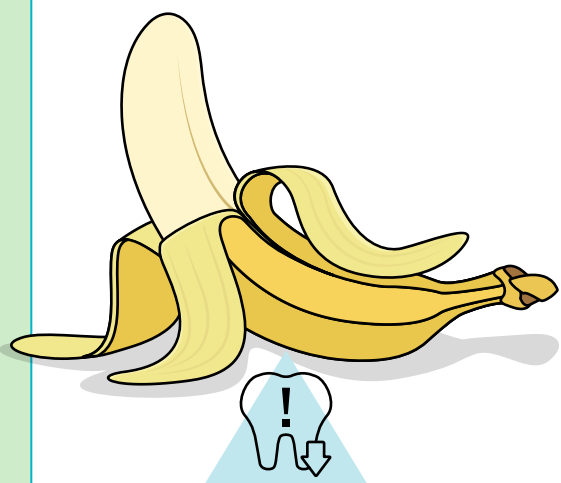


Want to eat fresh, tasty foods that also keep your smile strong and healthy? Make these fruits the star of your next snack time:

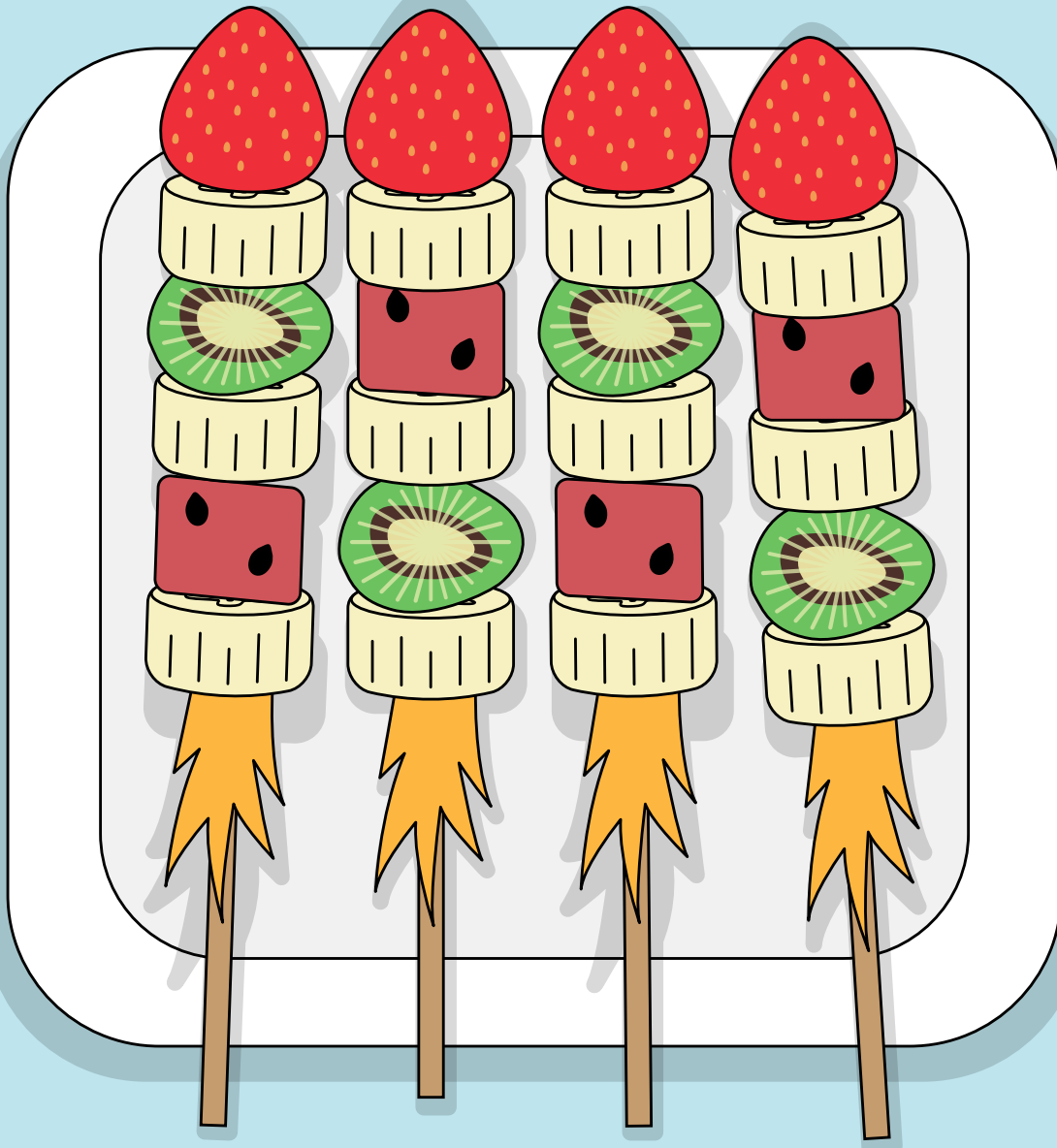


An illustration of two strawberries. One is whole and red with green leaves. The other is sliced in half, showing its internal structure. A hand is shown holding a knife, positioned to cut the second strawberry.

A cartoon illustration of a whole watermelon with green and dark green stripes. A slice of watermelon is cut out of the side, showing a red interior with black seeds and a white rind. A single water droplet is falling from the bottom of the slice.

A cartoon illustration of a whole cantaloupe melon with a green, netted rind. A wedge-shaped slice is cut out of the front, revealing a bright orange, fleshy interior. Below the melon, there is a small blue triangle containing a white tooth icon with a checkmark inside it, indicating good dental health.

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.