



TEXAS FARM BUREAU

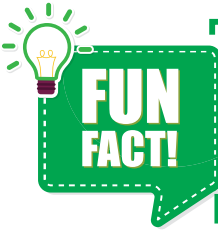


Peach

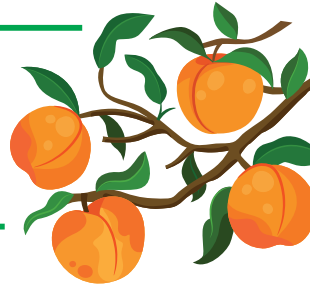
ACTIVITY BOOK

This book belongs to:

Find what's different!



There are hundreds of different varieties of peaches.



Yellow peach vs. white peach:

What's the same and what's different?



Similarities



Differences



Did you know there are two kinds of peaches?

Some peaches are called **freestone peaches**. Their pit (*the hard seed in the middle of the peach*) comes out easily.

Other peaches are called **clingstone peaches**. Their pit sticks to the peach and is harder to remove.



Super Peach POWERS



Draw a line to match each peach nutrient to its superpower.



FIBER

STRONG EYES

VITAMIN C

HEALTHY HEART

VITAMIN A

HELPS YOUR TUMMY



Peach Parts

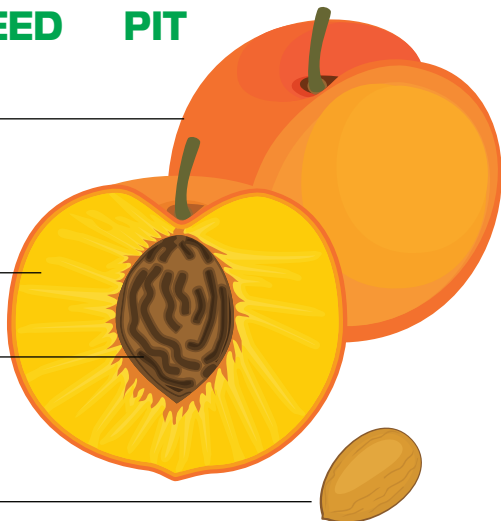
Label the parts of the peach below.

SKIN

FLESH

SEED

PIT



Peach 101

Use the word bank to help you fill in the blanks while you read about peaches.

Skin

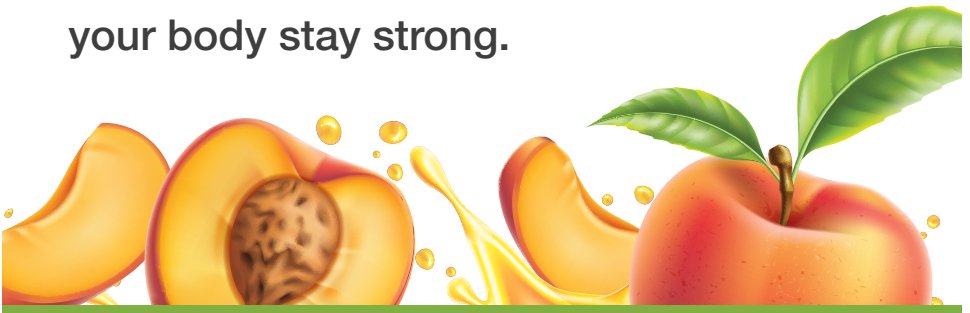
Sweet

Red

Seed

A peach is a _____, juicy fruit that grows on trees. It has a soft, fuzzy _____ on the outside and a pit in the middle. Inside the pit is a _____ that can grow into a new peach tree!

Peaches come in many colors, including yellow, _____, and even pink. They are healthy and full of vitamins that help your body stay strong.



TEXAS FARM BUREAU®

Educational Outreach

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