



## Fabulous, Fearless...Frieda!

Frieda Caplan introduced so many Americans to exciting fruits and vegetables.  
Circle which ones you have tried.



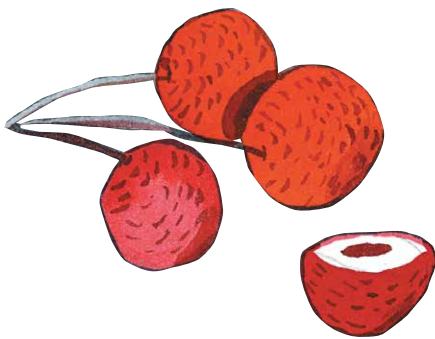
Dragonfruit



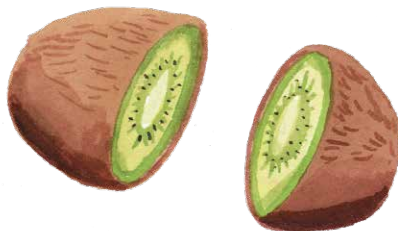
Sugar snap pea



Nopale



Lychee



Kiwifruit



Passionfruit



**TRY IT !**

By Mara Rockliff

Illustrated by Giselle Potter

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BEACH LANE BOOKS



## Fresh Ideas!

Create your own fruit or vegetable. What color is it? What does it taste like?  
Use your imagination and draw it below!

### FUN FACT

Frieda introduced Americans to seedless watermelon.



## TRY IT!

By Mara Rockliff

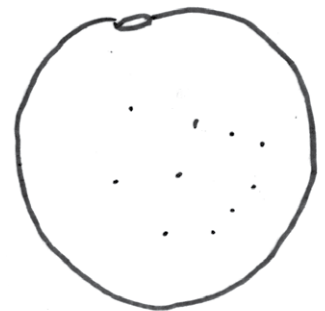
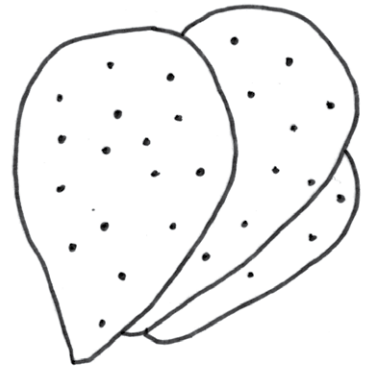
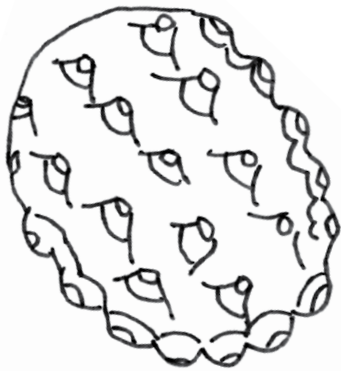
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## Color It!

Color the pictures of the different fruits and veggies.



### FUN FACT

Frieda was the first woman in the U.S. to own and operate a wholesale produce business!



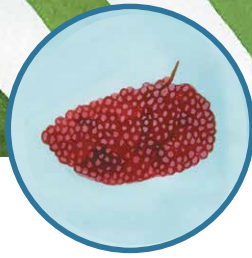
## TRY IT!

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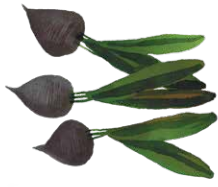




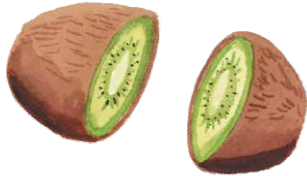
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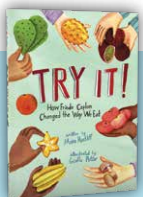
# Don't Fear the Fruit (or Veggies)!

With an adult's help, cut out the fruits and vegetables below.  
Then, paste them in the correct boxes!

fruit	fruit	fruit
vegetable	vegetable	vegetable

 black radish	banana 	 sugar snap peas
 blood orange	jicama 	 kiwi

ANSWER KEY  
Fruits: Blood Orange, Banana, and Kiwi  
Veggies: Black Radish, Jicama and Sugar Snap Peas



**TRY IT!**

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