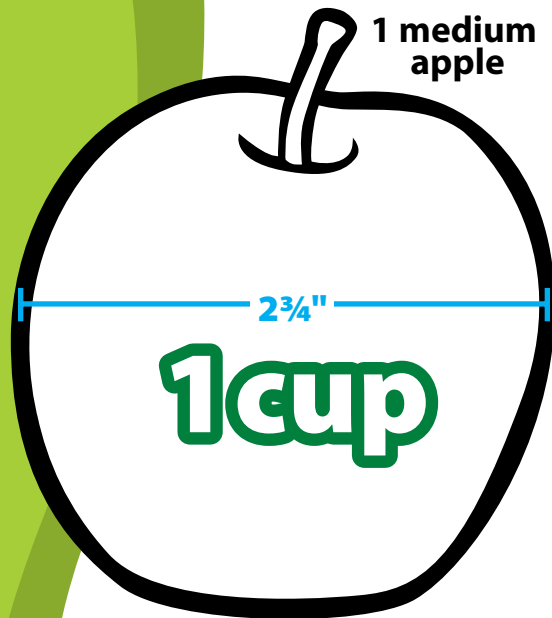


# Fruit

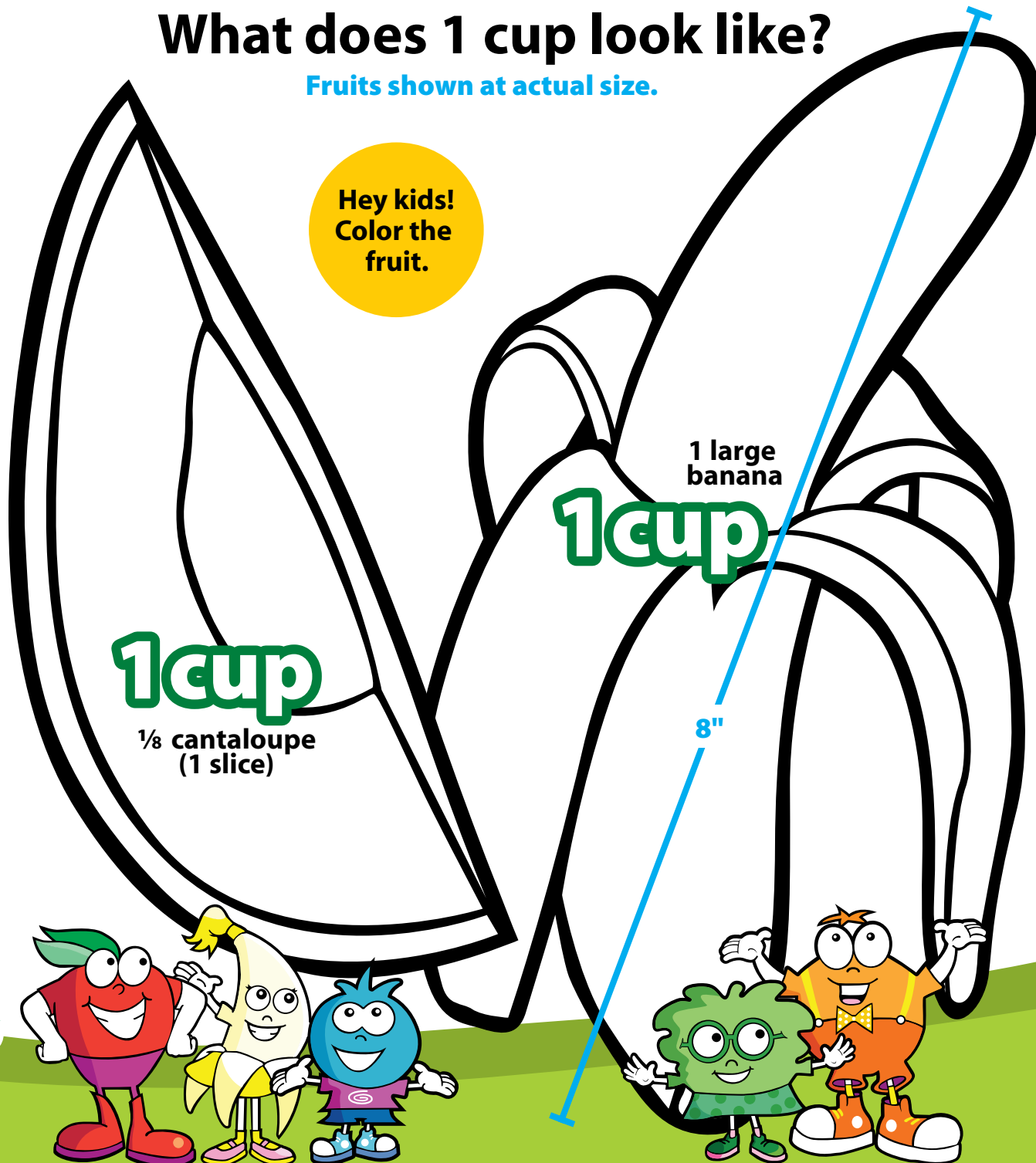
cup equivalents

## What does 1 cup look like?

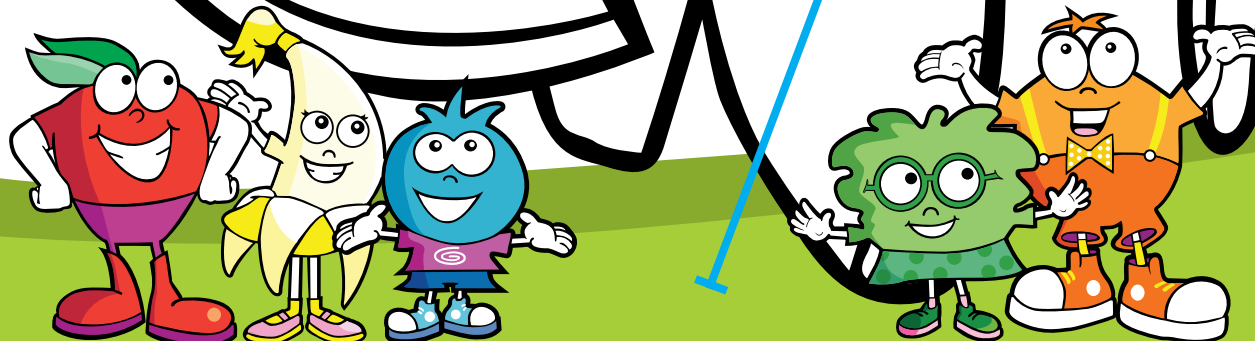
Fruits shown at actual size.



What about 1/2 cup?  
That's just 1 cup  
divided in 2!



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# Vegetables

cup equivalents

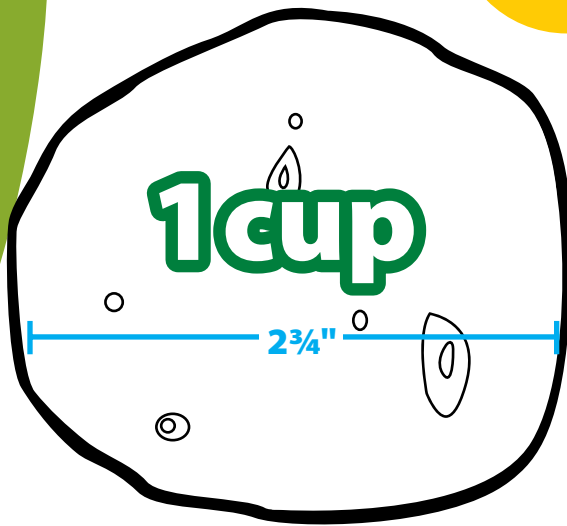
## What does 1 cup look like?

Vegetables shown at actual size.

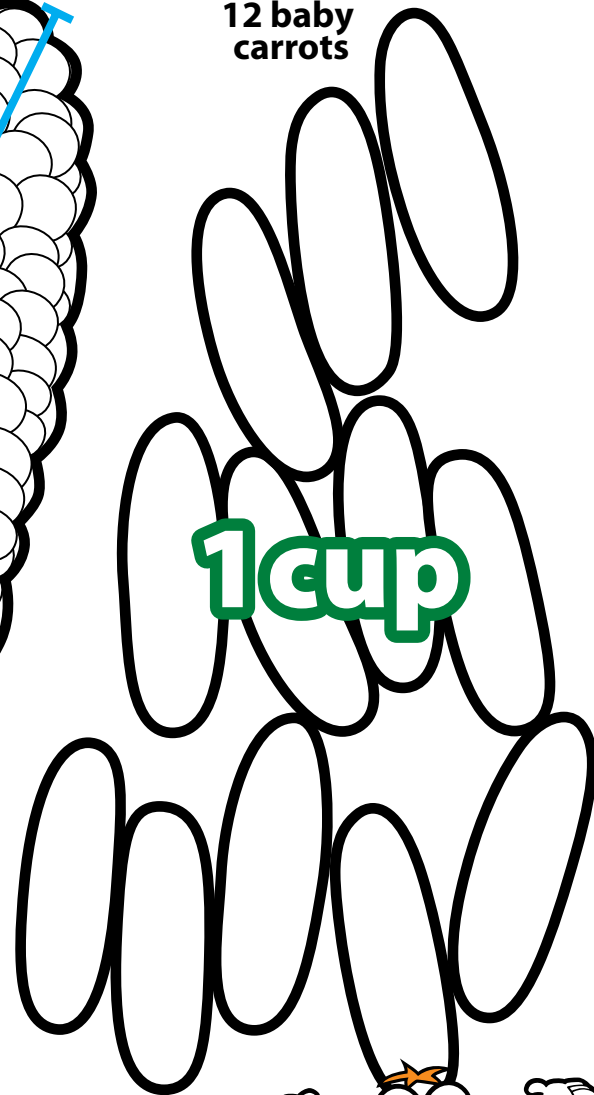
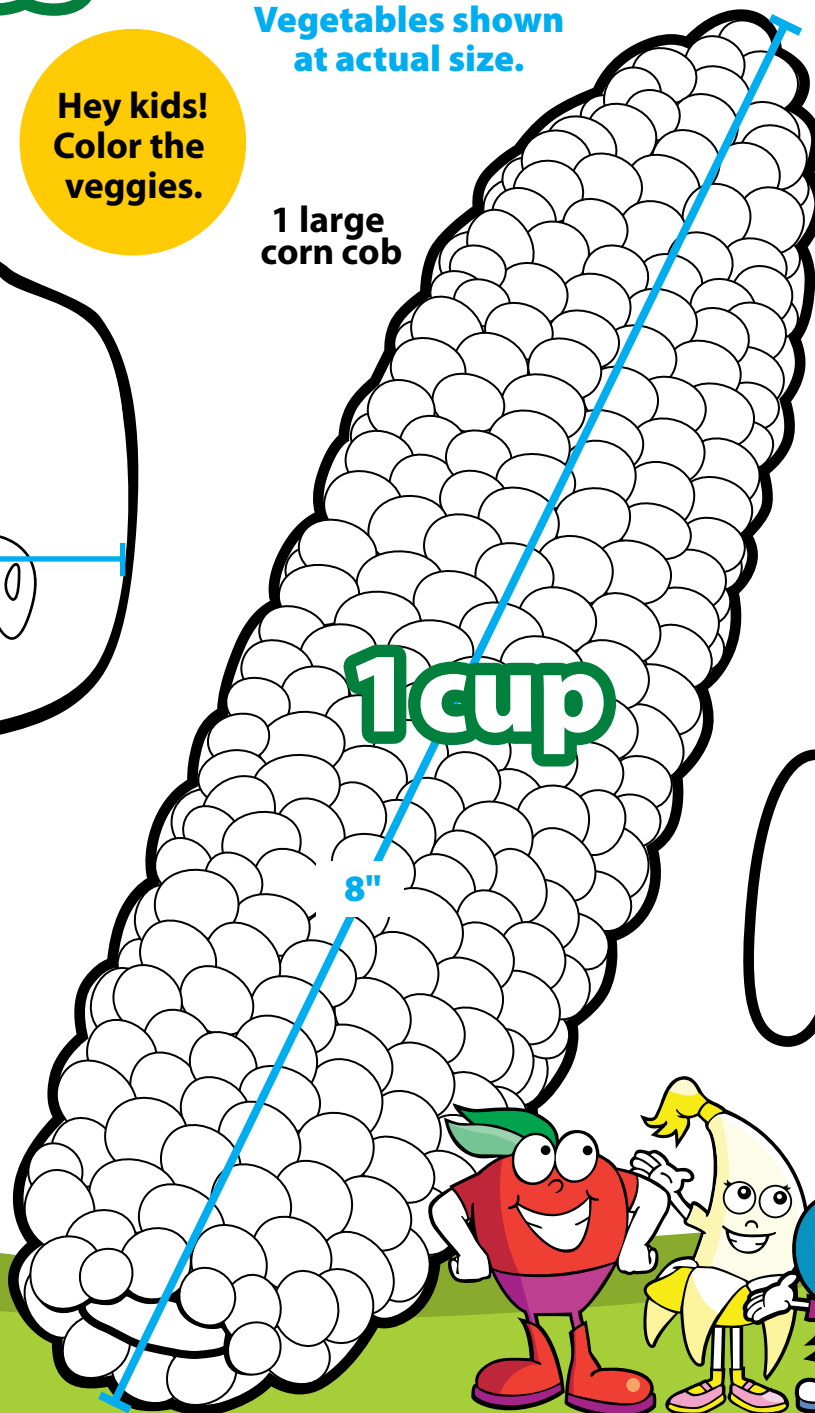
12 baby carrots

Hey kids!  
Color the  
veggies.

1 small potato



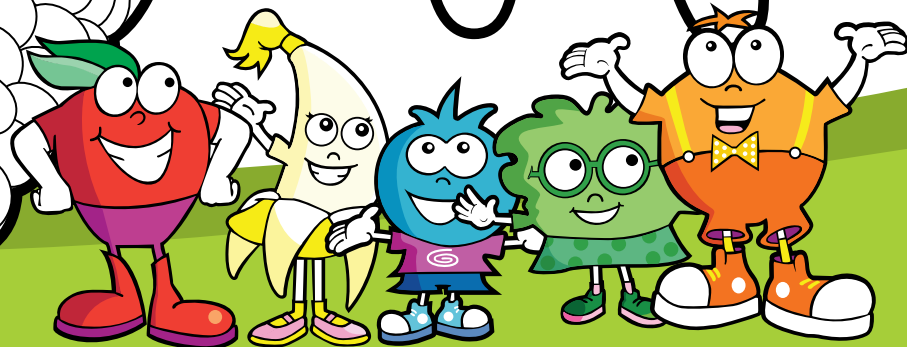
1 large  
corn cob



What about 1/2 cup?  
That's just 1 cup  
divided in 2!



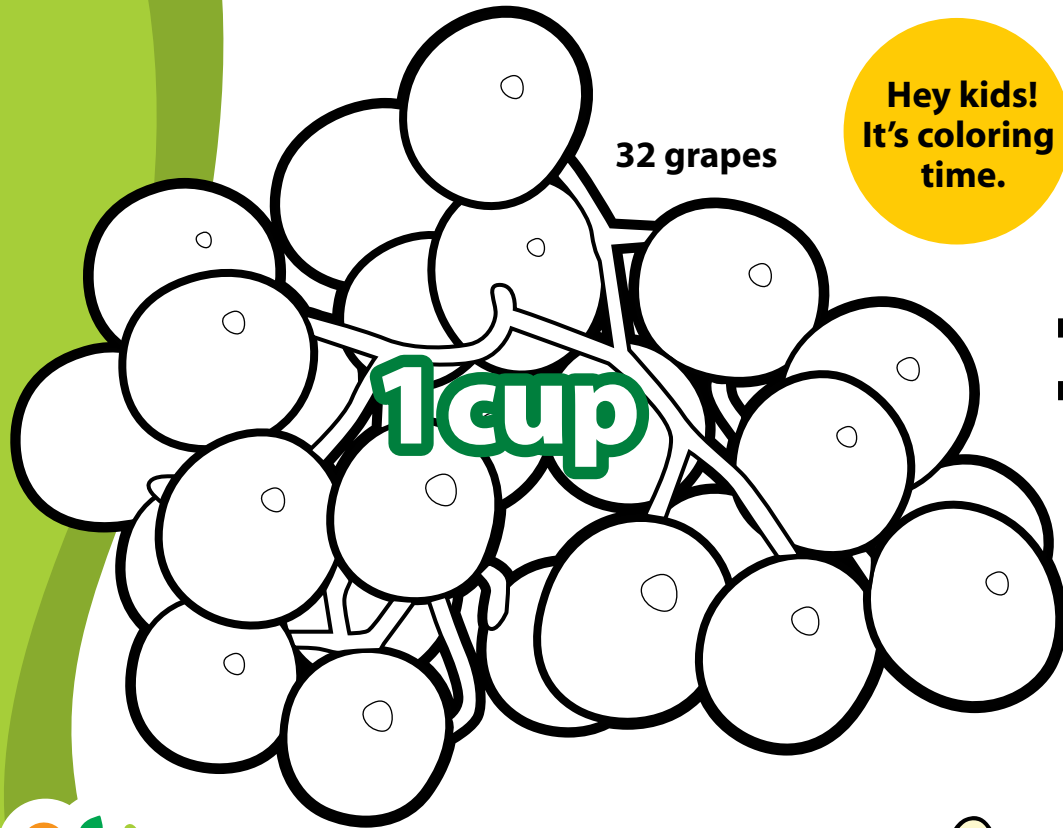
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# Dried

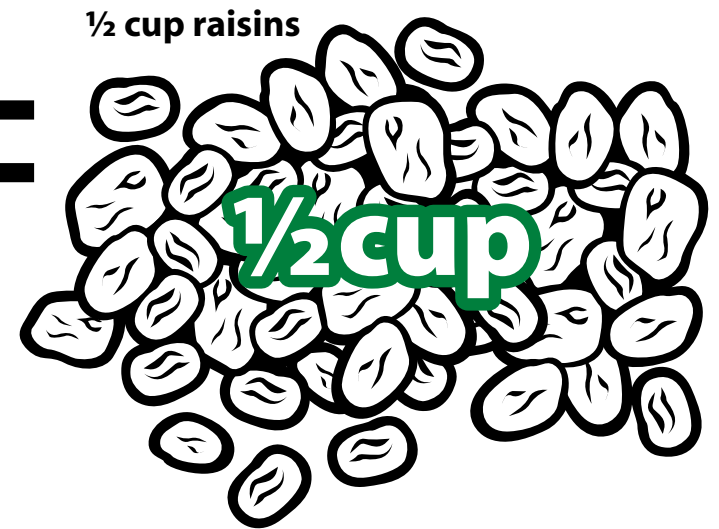
cup equivalents

1 cup fresh is equivalent to 1/2 cup dried!

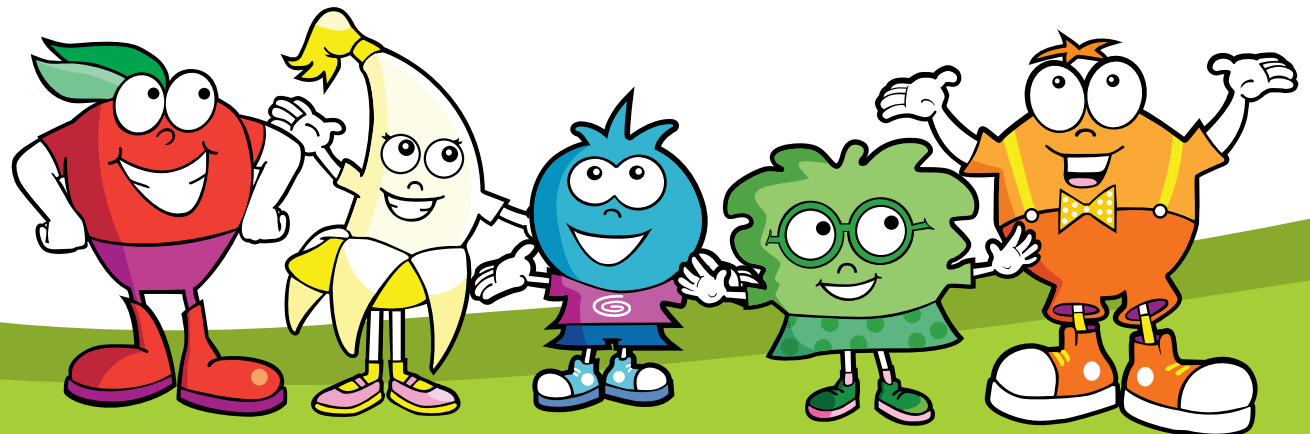


Hey kids!  
It's coloring  
time.

=



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# Chopped, Mashed or Sliced

cup equivalents

1 cup measures volume not shape

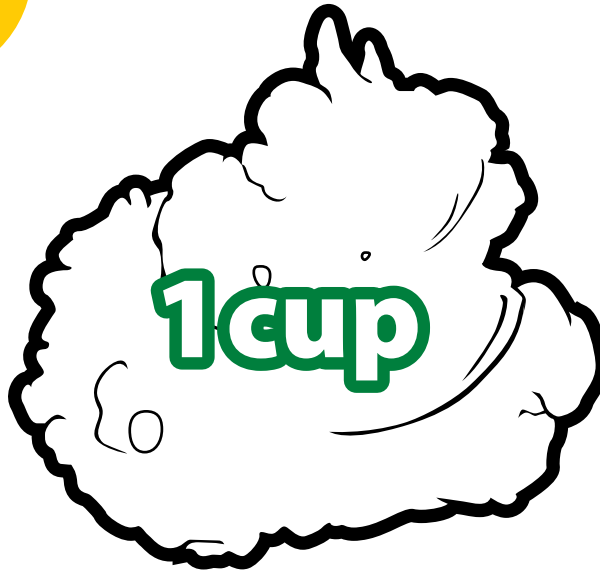
Hey kids!  
Have fun  
coloring.



1 cup

1 cup chopped yam

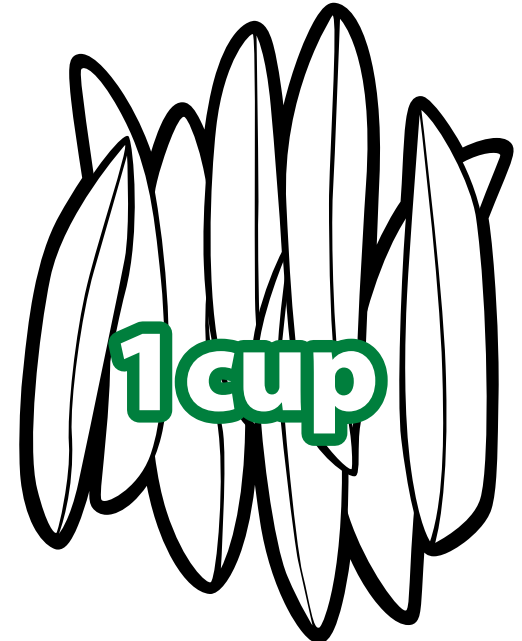
=



1 cup

1 cup mashed yam

=



1 cup

1 cup sliced yam



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