




# Make an Info Graph

An Info Graph is a fun way to show what you know using pictures, words, symbols, and sketches. Take a look at the Info Graph for a strawberry below.

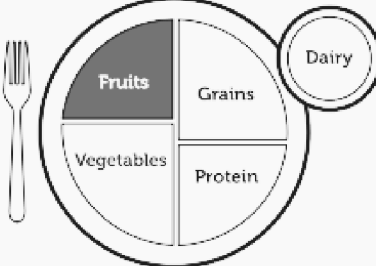
Each section has borders and a heading to help readers identify the information it contains about the main topic – a strawberry.



# STRAWBERRY

### WHAT IS IT?

Available fresh in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.





### FOCUS ON WHOLE FRUITS



Strawberries are a lower-calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

### HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly toward your goal!


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2 CUPS      FRUIT GROUP TARGET


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8 LARGE STRAWBERRIES (1 CUP)      FRUIT GROUP TARGET

To find your food group targets, go to [ChooseMyPlate.gov/Checklist](http://ChooseMyPlate.gov/Checklist)

### FUN FACTS & TIPS

-  Strawberries were first commercially grown in America in the 1800s.
-  Approximately 90% of America's strawberries are produced in California.
-  For a fun family outing, visit a farm that offers pick-your-own strawberries.
-  Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.

Now make an Info Graph for a favorite food you like to eat using the back of this sheet. Be sure to include sections for:

- Main Title – Like “STRAWBERRY” with a key image or sketch
- What is it? – A brief description of what it is and when and where it might grow or be made.
- MyPlate Guidelines – Show where the food fits on MyPlate
- How It Fits into MyPlate – Show how you know what an appropriate portion size is for the food you chose.
- Fun Facts + Tips – Give a few bullet points or sketches to help make your Info Graph entertaining and informative.