

Cherries

This little fruit makes for a *cherrific* snack!



Try it!
Bite into this sweet snack- but watch out!
There is a pit inside this lovable fruit!

Fruit
FUN!



Fun Facts:

- Cherries come from one of the most beautiful trees when they are in bloom!
- Sweet and tart cherries are the two main types, so eat whichever kind you like best!

Nutrition

Cherries help you sleep better because they contain melatonin. So if you can't fall asleep, have this for a midnight snack!

