## For Every Fruit, There is a Season

If you pack a lunch, you probably include a piece of fruit. Fresh fruit can be delicious! Although, you might not want to pack the same fruit throughout the school year. It could get pretty boring eating the same fruit every day. But there are even better reasons to change things up and eat fruit when it's in season. In season fruit is less expensive and tastes better. "In season" means that growers have just picked that ripe crop. Fruit that is not in season comes from far way. Some of our fruit comes all the way from Australia or China.

Eating fruits that are in season saves money at the grocery store. Let's look at the cost of blueberries. Peak blueberry season is May-August. A half-pint of blueberries in the summer costs about $\$ 2$. However, if you crave blueberries in the winter, they will cost you twice as much. Out of season fruits are more expensive because it costs more to ship them to your grocery store from far way. Is it really worth it to spend more money on fruit that won't taste as sweet?

In season fruit really does taste better. It's picked at the peak of ripeness and flavor. Out of season fruit is often picked before it's ripe. Why? Because if a ripe fruit was shipped thousands of miles to your store, it would be over-ripe by the time it got there. Fruit that ripens in the sun tastes so much better than fruit that ripens in a refrigerated truck.

When a fruit isn't in season it can taste very different. For example, apples ripen in the fall. So, an apple packed in your lunch box in October should be sweet and crispy. In March, when apples are out of season, the skin can be tough and the inside can be mushy.

How long a fruit is in season depends on the fruit. Bananas are in season year-round.
Tangerines are only in season in December. Watermelons are summer fruits. They're in season May-August. When is your favorite fruit in season?

Seasonal Produce Guide


| Monday | Tuesday |
| :---: | :---: |
| Before you read, look at the text features. What do you think you will read a bout? | Why did this author include a chart called "Seasonal Produce Guide"? |
| What would be another good title for this text? | If your fruit isn't in sea son, where might it be coming from? |
| According to the text, what does"in season" mean when talking about fruit? | What is the main idea of the second paragraph? |
| Determine the meaning of the word crave. | Give one detail that supports the main idea above. |
| Wednesday | Thursday |
| If you are trying to save money on peaches, what months should you buy them? | Write a short summary a bout this text. |
| According to the third paragraph, when should fruit be picked? |  |
| If you want to eat the sweetest strawbemies, when should you buy them? |  |
| Why did the author write this text? |  |


| Monday |  |
| :---: | :--- |
|  |  |
|  |  |
| Wednesday |  |
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My Progress


| Monday | Tuesday |
| :---: | :---: |
| Before you read, look at the text features. What do you think you will read a bout? <br> Accept all reasonable a nswers. | Why did this author include a chart called "Seasonal Produce Guide"? <br> To show the reader when fruits are in season in a visual way. |
| What would be a nother good title for this text? <br> Accept all reasonable a nswers. | If your fruit isn't in season, where might it be coming from? <br> Faraway |
| According to the text, what does "in season" mean when talking about fruit? <br> Just picked at the peak of ripeness | What is the main idea of the second paragraph? <br> Sea sonal fruit is cheaper. |
| Determine the meaning of the word crave. to want | Give one detail that supports the ma in idea above. <br> Out of season fruits cost more because it is expensive to ship them. |
| Wednesday | Thursday |
| If you are trying to save money on peaches, what months should you buy them? <br> June-September | Write a short summary a bout this text. |
| According to the third paragraph, when should fruit be picked? <br> At the peak of nipeness and flavor |  |
| If you want to eat the sweetest strawbemies, when should you buy them? <br> April-J uly |  |
| Why did the author write this text? <br> To explain the importance of buying fruit that is in season. |  |

