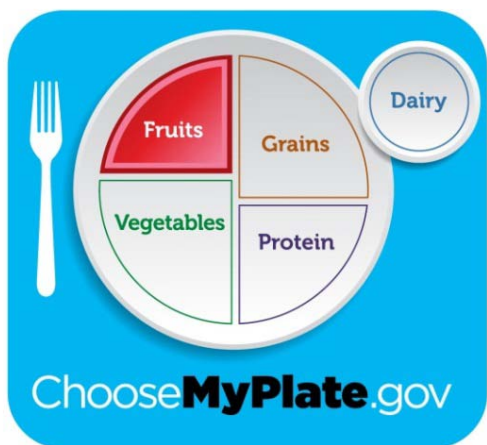


# Dates

Today you will be offered pitted dates. Dates grow in clusters on palm trees in hot, dry climates. They are one of the sweetest fruits in the world. Fresh dates have a soft texture and a caramel-like taste. Dried dates are left on the palm trees to cure. They are dark reddish-brown and oval in shape, about 1 ½ inches long. They make a delicious snack!



**Fun Facts:** The date palm tree can grow to be over 100 feet tall! A single cluster of dates can hold 600 to 1,700 dates!

**Body Benefits:** Dates have many important nutrients, like fiber to help you grow strong and stay healthy!

Dates belong to the **red Fruits** section on *MyPlate*.



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