

**kick start!**  
**eat smart!**

**FAVORITE  
SPORT:**

Baseball

**FAVORITE  
POSITION:**

Shortstop

**FAVORITE  
COLOR:**

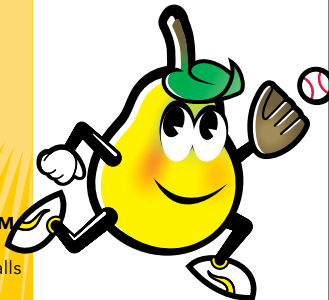
Purple

**FAVORITE CDM  
EXHIBIT:**

Bowling Ball Falls

**STRONG IN:**

Dietary Fiber and  
Vitamin C



**Bart Pear**

A MEMBER OF THE ROSACEAE FAMILY



Children's Discovery  
Museum of San Jose

KAISER PERMANENTE.  
KP SAN JOSE MEDICAL CENTER



**thrive**

# RECIPE:

## Fruit Pizza

Pears are fat free, sodium free and an excellent source of potassium. Eating pears regularly will help your body to stay healthy. You can find excellent fresh pears, strawberries and other fruits at your local farmers' market!

- Whole wheat tortilla
- Low fat cream cheese
- Pears
- Other fruit, like strawberries or blueberries

### Directions:

Spread cream cheese on the tortilla and add some fruit toppings to make a fabulous fruit pizza!

