Wonderful Healthy Fruits

By Caden Union

Don't you just love it when you're eating fruit on a hot summer day? Well, I'm going to tell you why you should eat your fruit. They are healthy for you, help your muscles and heart, and give you potassium. Also, most fruits are sweet and watery, especially tomatoes. Did you know that tomatoes are 80% water?

People love fruits around the world. In Tennessee their most popular fruit is tomatoes. In Florida its oranges. Did you know that were considered the sunshine and citrus state? Also, in Georgia the most popular fruit is peaches. They, re are so many popular fruit ‘s everywhere.

Strawberry season lasts from January to November. So remember when you ‘re at the store to get strawberries because get them while there sweet and they will be nice to eat. Now to wrap up, eating fruits are healthy and sweet and will make you strong and never sick.