

# GREAT GRAPE ACTIVITIES



## Nutrition Facts

Serving Size: 1 cup, seedless (151g)  
 Calories 104      Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	5%
Sugars 23g	
Protein 1g	
Vitamin A 2%	Calcium 2%
Vitamin C 27%	Iron 3%

Source: www.nutritiondata.com



## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Grapes can be red, green, white or purple.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red grapes, cherries, strawberries, watermelon, beets, red onions, red potatoes and red bell peppers.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green grapes, kiwis, honeydew melons, avocados, sugar snap peas, cabbage and cucumbers.
- White/tan/brown fruits and vegetables help maintain a healthy heart and good cholesterol. Examples include white grapes, brown pears, bananas, white nectarines, white peaches, figs, cauliflower, mushrooms, jicama and parsnips.
- Blue/purple fruits and vegetables help maintain memory function and healthy aging. Examples include purple grapes, blueberries, blackberries, plums, purple figs, raisins, purple potatoes, purple carrots and eggplants.

## What is a Serving?

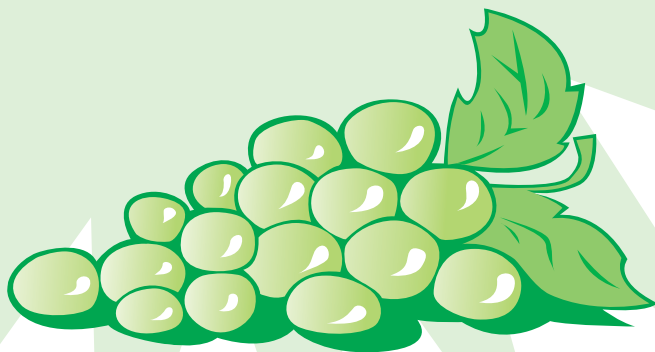
A serving of grapes is one cup. This is about two cupped handfuls.

## Grapes of Math

Count the grapes in the bunch below to answer the following questions:

(answers below)

1. How many grapes are there? \_\_\_\_\_
2. If you ate half of the grapes, how many would be left? \_\_\_\_\_
3. If you gave half of the leftover grapes to your friend, how many grapes would you have? \_\_\_\_\_



Answers: 1. 16; 2. 8; 3. 4

How many different food or juice products can you think of that come from grapes?

Circle all of the ones you have eaten today.

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