

GRAPEFRUIT

FAST FACTS

- Grapefruit is a type of citrus fruit
- Grapefruit is a part of the 5 C's of Arizona and grows locally
- Grapefruit is 75% juice
- The outer skin can be peeled or cut into sections to enjoy the juicy inside wedges
- Grapefruit comes in three major types varying in color: white, pink/red, or star rubio



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Potassium** – needed for muscle contraction

SELECTION & STORAGE

Look for large, firm, and yellow grapefruit.

Wash grapefruit and store in room temperature. The longer grapefruit sits out, the sweeter it will be. Once cut, grapefruit can be stored in the fridge for 3-5 days.

IDEAS FOR SERVING

- Enjoy peeled on its own
- Add a wedge to your breakfast; in your oatmeal or added to yogurt
- Use wedges as a topping on salads



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how grapefruit looks, feels, tastes, sounds, and smells.

Fruit Math

Count how many wedges your portion of grapefruit had! How many wedges did your grapefruit have?

Compare & Contrast

Make a list of similarities and a list of differences between grapefruit and another citrus fruit. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of grapefruit. Share with the class!

Write a Recipe

Invent a new recipe that includes grapefruit as one of the ingredients.

Watch a Video

Find and watch a video online that shows how grapefruit is grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other citrus fruits?

Approximately what percentage of a grapefruit is juice?

Why is eating grapefruit good for your health?

What should you look for when selecting grapefruit at the store?

What is your favorite way to eat grapefruit?

REFERENCES

Grapefruit. Kurt Notle. (2019). <https://cals.arizona.edu/fps/sites/cals.arizona.edu.fps/files/cotw/Grapefruit.pdf>

10 Science-Based Benefits of Grapefruit. Brianna Elliot. (2017) <https://www.healthline.com/nutrition/10-benefits-of-grapefruit#section1>

