

GRAPES

FAST FACTS

- Grapes are considered berries and there are on average 100 grapes on a bunch
- Raisins are made from dehydrating grapes in a process that either involves the heat of the sun or oven drying
- Grapes grow on a vine and require several years from time of planting to first harvest
- Peak grape harvest occurs in the summer months



IMPORTANT NUTRIENTS

- **Vitamin K** - essential for blood clotting
- **Riboflavin** - helps convert food into energy
- **Copper** - plays an important role in your immune system
- **Phytochemicals** - grapes contain an overwhelming number of phytochemicals that support health

SELECTION & STORAGE

Look for plump grapes that are firmly attached to the green stem. avoid wrinkled, soft, or leaking grapes.

Store unwashed grapes in a plastic bag in the refrigerator. Wash grape before eating.

IDEAS FOR SERVING

- Add sliced grapes to pita sandwiches, chicken salad, and pasta
- Freeze grapes for a cool snack in the summer
- Add fresh grapes to your smoothie (or add 100% grape juice)



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how grapes look, feel, taste, sound, and smell.

Sort by Size

Separate your grapes into two different piles, one pile of large grapes and one pile of small grapes

Compare & Contrast

Make a list of similarities and a list of differences between red grapes and green grapes. Are there more similarities or differences?

Poetry

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

Write a Recipe

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

Watch a Video

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

CHECK FOR UNDERSTANDING

What are some examples of other fruits that grow on a vine?

Identify the differences between fresh grapes and dried grapes (raisins).

What nutrients are found in grapes?

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

What is your favorite way to eat grapes?

REFERENCES

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