

GREAT GRAPE ACTIVITIES

What is a Serving?

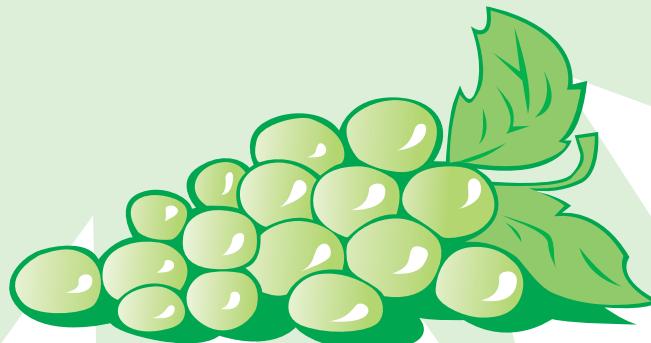
A serving of grapes is one cup. This is about two cupped handfuls.

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.



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	0%
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.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.