

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn the special characteristics of grapes.

Learn that grapes are colorful and easy to eat as snacks.

Supplies Needed

October

Pick a **better snack™** & **Act** bingo card

3 different varieties of seedless grapes (green, red, blue-black)

Large bunch of seedless grapes for making “Cool Grapes”

Paper plates

“Eat A Colorful Variety of Fruits Cool Grapes” recipe activity sheet

Tasting Opportunities

Featured Fruit:
Grapes

Background

Grapes come in more than 50 varieties in black, blue, blue-black, golden, red, green, purple, and white colors with a juicy pulp inside. The two main types of grapes are the American and European. They both come in seeded and seedless varieties. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay grapes.

Grapes date back as far as the Egyptians and early Romans. In the early 1800's Native Americans grew grapes, but they had a sour taste. A California farmer began growing the first table grape in the mid-1800s. Nearly all of the grapes consumed in the United States are now grown in California.

Grapes grow in bunches on vines. They are considered berries. The vines must grow for two years before the grapes can be picked. The vines grow best when held up with trellises, so the grapes do not lie on the ground. It is estimated that one bunch contains 100 grapes.

Grapes are about 80 percent water, making them a low-calorie snack or dessert; a cup of Concord or Catawba grapes contains only about 60 calories. Grapes also add fiber to the diet and are naturally low in sodium. Raisins, or dried grapes, contain only about 15 percent water. For this reason, nutrients and calories are more concentrated in raisins-one cup contains 464 calories! Like other dried fruit, raisins are a good source of iron. If you eat them for a snack, brush your teeth afterwards to remove sticky, natural sugar.

Grapes are good sources of phytochemicals that can prevent certain diseases. They are good sources of vitamins C & K. Vitamin C helps heal wounds and vitamin K is needed to help blood clot.

The average American eats eight pounds of grapes per year; up from 2 pounds per year in the 1970's.

Sources: Harvest of the Month, California Nutrition Network,

Centers for Disease Control, 5 A Day, Fresh California Grapes

Web Site Resources

www.idph.state.ia.us/pickabetersnack
www.fruitsandveggiesmorematters.org
www.choosemyplate.gov

Do the Activity:
2nd Grade

Create a graph comparing the number of students who prefer the taste of green, red, and blue-black grapes. Which color of grape was preferred by the greatest number of students? Which color of grape was the least preferred?

3rd Grade

Complete second grade activity. What fraction of the class prefers green grapes? Red? Blue-black? What color of grapes was preferred by the greatest fraction of the class? What color of grapes was least preferred?

Talk It Over:

Talk about how fruits are good to eat for snacks, for dessert, or at meals. What are dried grapes called? (raisins)

We need to eat fruits every day. Grapes are the fruit featured on the October Pick a **better** snack™ & **Act** bingo card. Fruits are convenient – all you need to do to get grapes ready to eat for a snack is to **Wash. Eat. (How easy is that?)**

Apply:

Ask the students what color groups are represented by grapes they are eating today. *Grapes – green, blue/purple, red*

Ask the students what are some different forms of grapes that they can eat at home? *Grapes – fresh, canned, dried, make-your-own frozen*



Tasting Opportunity

In advance, wash grapes and remove stems. Arrange grapes on a baking sheet and place in freezer for 30 minutes. Have students try the “Cool Grapes”. Remind the students that they can then put an “X” through the Bingo square of the fruits that they sampled.

Show the *Eat A Colorful Variety of Fruits Cool Grapes* recipe activity sheet. Explain how these activity sheets will give their families even more snack ideas to choose from. Pass out activity sheets for the students to take home.

Discuss that there are ways to eat vegetables and fruits as snacks. Suggest that they go to the website listed on the bottom of the *Eat A Colorful Variety of Fruits Cool Grapes* recipe activity sheet and have their family pick out a snack idea to try.

Extend the Activity



Art, Music & PE

Students design a poster promoting their favorite color of grape. As a challenge, they may also want to come up with a catchy slogan!



Language Arts & Reading

Students write a persuasive paragraph on why their grape of choice is the best.



Math

Teacher and students conduct a survey of students in other grades, and then create a bar graph for favorite grape colors.



Science & Health

Name 3 other fruits or vegetables that develop from flowers.



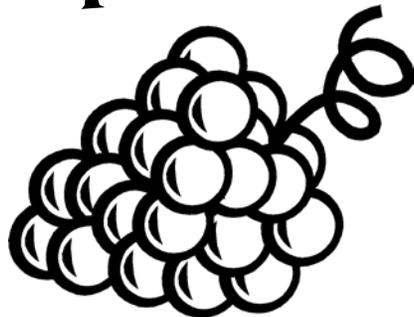
Social Studies

Read the book *Everybody Cooks Rice* by Norah Dooley, Carolrhoda Books, 1991. In this book a child is sent to find a younger brother at dinnertime and is introduced to a variety of cultures through encountering the many different ways rice is prepared at the different households visited. Then get to know your school community better by inviting students to share their favorite grape recipes from home. Put the recipes together and title your cookbook *Everybody Cooks With Grapes*.

October – Activity Sheet Grades K-3
FOCUS ON FRUITS

Eat a Colorful Variety of Fruits
Cool Grapes

You will need:
1 large bunch of seedless
green or red grapes



Wash the grapes
and remove the stems.
Arrange grapes on a
baking sheet and place
in the freezer for 30 minutes. Remove from
freezer and enjoy. Store remaining frozen
grapes in plastic bags in the freezer.
Makes 4 servings.

16 grapes count as $\frac{1}{2}$ cup.
How many count as 1 cup?

More colorful recipes for your family can be found at
http://www.idph.state.ia.us/pickabetersnack/social_marketing.asp

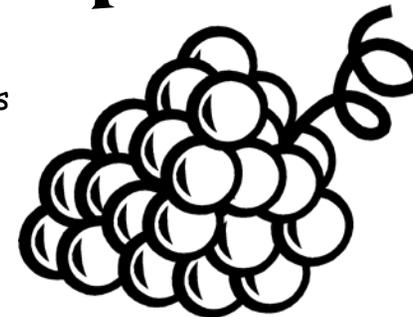
Teachers: MyPlate suggests that children 4 to 8 years old eat 1 to 1½ cups of fruit every day. Go easy on 100% fruit juice; choose whole fruit for more fiber and nutrients. Go to www.choosemyplate.gov for more details. Students can create a personal food pattern for themselves.



October – Activity Sheet Grades K-3
FOCUS ON FRUITS

Eat a Colorful Variety of Fruits
Cool Grapes

You will need:
1 large bunch of seedless
green or red grapes



Wash the grapes
and remove the stems.
Arrange grapes on a
baking sheet and place
in the freezer for 30 minutes. Remove from
freezer and enjoy. Store remaining frozen
grapes in plastic bags in the freezer.
Makes 4 servings.

16 grapes count as $\frac{1}{2}$ cup.
How many count as 1 cup?

More colorful recipes for your family can be found at
http://www.idph.state.ia.us/pickabetersnack/social_marketing.asp

Teachers: MyPlate suggests that children 4 to 8 years old eat 1 to 1½ cups of fruit every day. Go easy on 100% fruit juice; choose whole fruit for more fiber and nutrients. Go to www.choosemyplate.gov for more details. Students can create a personal food pattern for themselves.

