

APPLE ACTIVITIES

Nutrition Facts



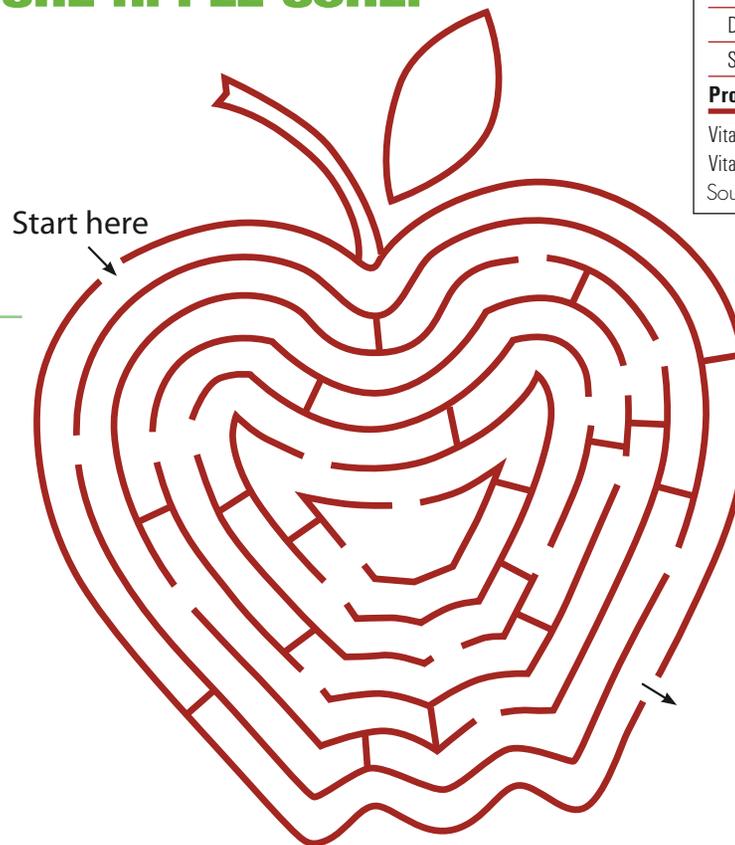
Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%
Source: www.nutritiondata.com	

TEST YOUR APPLE IQ

(answers are at the bottom of this page)

1. One medium apple has _____ grams of fiber.
A.) zero B.) two C.) four D.) eight
2. Most of the fiber in an apple is found in the _____.
A.) flesh B.) skin C.) core D.) stem
3. What variety of apples are grown in Pennsylvania?
A.) Fuji B.) Gala C.) Red Delicious D.) all three

FIND YOUR WAY THROUGH THE APPLE CORE!



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. Apples can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red apples, red grapes, red pears, tomatoes, beets, red peppers and radishes.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow apples, yellow pears, apricots, oranges, carrots, sweet corn and yellow tomatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green apples, green grapes, green pears, artichokes, green beans, sugar snap peas and green peppers.

COUNT YOUR FRUIT!

Most kids need 1 to 2 cups of fruit a day to stay healthy. One apple the size of a baseball equals about 1 cup.



Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership initiative.

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