

Grapefruit

1. Use Nutrition Facts labels from *Taste Testing* activity (page 1). Find nutrient information for at least three other citrus varieties like lemons, limes, and kumquats. (Hint: Use similar serving sizes.) Choose five nutrients (e.g., vitamin C, vitamin A, calcium, fiber, potassium). Make bar graphs to compare all varieties.

Primary-level response:

Use the following link to find nutrient information for at least three other citrus fruits
www.sunkist.com/healthy/nutrition_facts.aspx#grapefruit.

Secondary-level response:

Use the following link to find nutrient information for at least three other citrus fruits
www.sunkist.com/healthy/nutrition_facts.aspx#grapefruit.

2. Compare Nutrition Facts labels for 100% grapefruit juice and another juice drink. (Hint: Use similar serving sizes.) Describe the nutrient differences. Make a list of the ingredients in both. Do an activity to demonstrate the difference in teaspoons of added sugar for a juice drink.

Primary-level response:

Use the following lesson activity and handouts from USDA (ages 11-12) to demonstrate the difference in teaspoons of added sugar for a sweetened beverage versus 100% fruit juice. Web link can also be used as an extension if you already have Nutrition Facts labels:

http://origin.www.fns.usda.gov/tn/Resources/EatSmart/choose_drinks.pdf

Use the following sample lesson activity and handouts from *Eat Well and Keep Moving* (Upper Elementary level) to demonstrate the difference in teaspoons of added sugar for a sweetened beverage versus 100% fruit juice. Web link can also be used as an extension if you already have Nutrition Facts labels:

www.eatwellandkeepmoving.org/pdf/Sample%20Lesson%20Plans/Lesson%207.pdf

Secondary-level response:

Use the following link to assist students in expanding beyond describing differences between nutrient amounts: www.fns.usda.gov/tn/Resources/appendd.pdf.

Use the following sample lesson activity and handouts from *Planet Health* (Middle School level) to demonstrate the difference in teaspoons of added sugar for a variety of beverages. Web link can also be used as an extension if you already have Nutrition Facts labels: www.planet-health.org/pdf/Lesson_19.pdf.

- 3. Create fact sheet cards of how citrus trees grow. Include important growing information: soil type, climate, irrigation, propagation, planting, harvesting, and amount of time to bear fruit. Display on index cards with a drawing of fruit tree on one side and growing information on opposite side. Share fact sheet cards with local nurseries.**

Primary-level response:

Use the following Web site to obtain information for the fact sheet cards: www.hort.purdue.edu/newcrop/morton/grapefruit.html.

Secondary-level response:

Use the following Web site to obtain information for the fact sheet cards: www.hort.purdue.edu/newcrop/morton/grapefruit.html.

For information, visit:

www.nal.usda.gov/fnic/foodcomp/search
www.eatright.org
www.hort.purdue.edu/newcrop/morton/grapefruit.html
www.fns.usda.gov/tn/
www.eatwellandkeepmoving.org/
www.planet-health.org/

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