

Apples

1. Why is fiber important?

Primary/Secondary-level response:

Fiber comes from foods of plant origin and refers to complex carbohydrates that your body cannot digest. Fiber helps to move substances in your body, maintain steady blood sugar levels, reduce cholesterol, and may help to prevent cancer.

2. Apples contain natural fructose. What is natural fructose?

Primary/Secondary-level response:

Apples contain natural sugars called fructose. Fructose is found naturally in fruit and it is the form of sugar found in fruits and honey. Fructose has a slower rate of digestion and absorption relative to sugar.

3. Why do apples float in water?

Primary/Secondary-level response:

Apples are about 25% air – that is why they float.

4. What does the color of an apple’s skin tell you about the environment where it was grown?

Primary/Secondary-level response:

Blistering heat can cause unwanted bronzed or bleached spots on the fruit’s skin. Overheated apples are cooled to the apple’s core through watering. The fruit’s temperature drops, helping to encourage the deepening of an apple’s rosy color.

6. Map the origin of the apple and various geographical regions in California where apples are grown.

Primary/Secondary-level response:

[Students can draw a map using information found on www.calapples.org. Select ‘Market Access,’ then ‘Growing Regions.’]

- 7. List the top four varieties of apples commercially produced in California and the counties where they are grown.**

Primary/Secondary-level response:

California's top four apple varieties are Gala, Fuji, Granny Smith, and Cripps Pink Ladies. These are grown in most counties throughout most of the Northern and Central Valleys. [Students can look up specific counties by variety.]

- 8. Determine how much of the apples harvested in California go into processed foods/juices and how much is sold whole/fresh.**

Primary/Secondary-level response:

These statistics are based on total U.S. production:

- 61% eaten whole/fresh
- 38% processed in apple products (21% juice/cider + 12% canned + 3% dried + 2% frozen)
- 1% not utilized

Sources:

www.calapples.org

www.usapple.org

www.fruitsandveggiesmatter.gov/month/apple.html

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