Circle all of the different ways grapes are served on the menu.

- How many did you find? Is grape juice on the menu?
- What is your favorite grape color?
- Which school meal is your favorite? Why?
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? __________

Write down different food or juice products that come from grapes.
Circle the ones you have eaten this week. Tell an adult what you like best about grapes. Find a grape recipe you can make for your family.

Reasons to Eat Grapes:
Eating a ½ cup of grapes is a good way to get vitamin C and vitamin K. Grapes are also a source of simple carbohydrates called sugars. These carbohydrates are a quick source of energy for your body. They promote good health by providing vitamins, minerals, fiber, and many phytochemicals.

Vitamin C Champions*:
Bell peppers, berries, broccoli, citrus fruit, green beans, green leaf lettuce, melons, potatoes, and spinach.

*Vitamin C Champions are a good or excellent source of vitamin C (provide at least 10% Daily Value).

How Much Do I Need?
A ½ cup of grapes is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. There are many ways to eat the recommended amount of fruits and vegetables – fresh, frozen, canned, and dried all count. Add a colorful variety to all of your meals and snacks.

Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Girls</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.