

Harvest of the Month



Network for a Healthy California

Botanical name: *Vitis labrusca*



GRAPES

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?

EAT YOUR GRAPES



Nutrition Facts

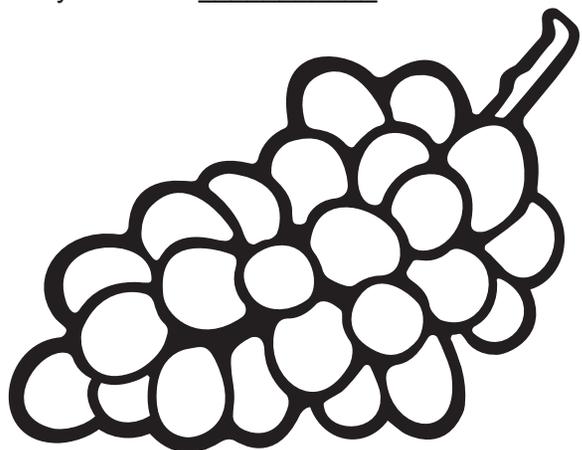
Serving Size: ½ cup grapes (76g)
Calories 52 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14%	Iron 2%

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**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

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