

Fun Food Facts

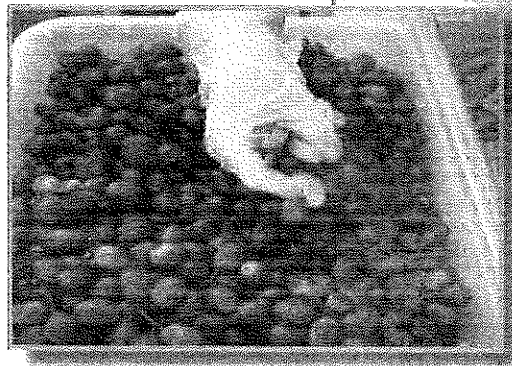
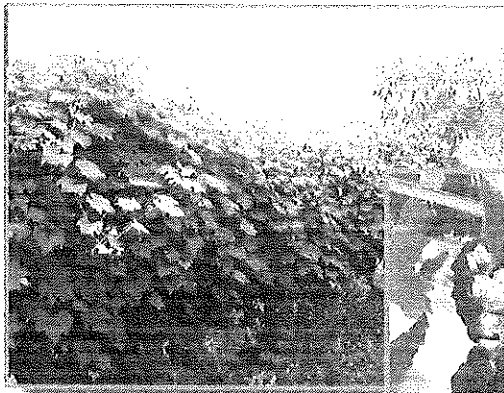
Grapes

Nutrition Facts

Serving Size: 10 grapes (49g)

Amount Per Serving

Calories	34	Calories from Fat	1
% Daily Value*			
Total Fat	0.08 g		0%
Saturated Fat	0.03 g		0%
Trans Fat			
Cholesterol	0 mg		0%
Sodium	0.98 mg		0%
Potassium	93.59 mg		3%
Total Carbohydrate	8.87 g		3%
Dietary Fiber	0.44 g		2%
Sugars	7.59 g		
Sugar Alcohols			
Protein	0.35 g		
Vitamin A	32.34 IU		1%
Vitamin C	5.29 mg		9%
Calcium	4.9 mg		0%
Iron	0.18 mg		1%

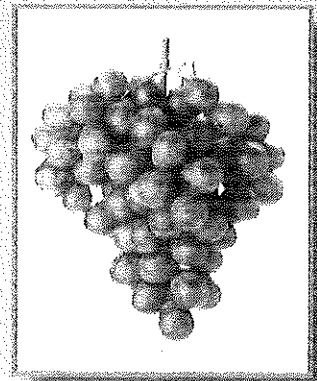


Did You Know?

- Grapes consist of about 80% of water, which make them a low-calorie snack or dessert. Raisins or dried grapes consist of about 15% of water.
- Grapes contain flavonoids that give vibrant purple color to grapes, red wine and grape juice.
- One grape cluster has on average 75 grapes.
- One grape vine can grow up to 50 feet long and can have about 40 clusters of grapes.
- Eating too many grapes can give a laxative effect.

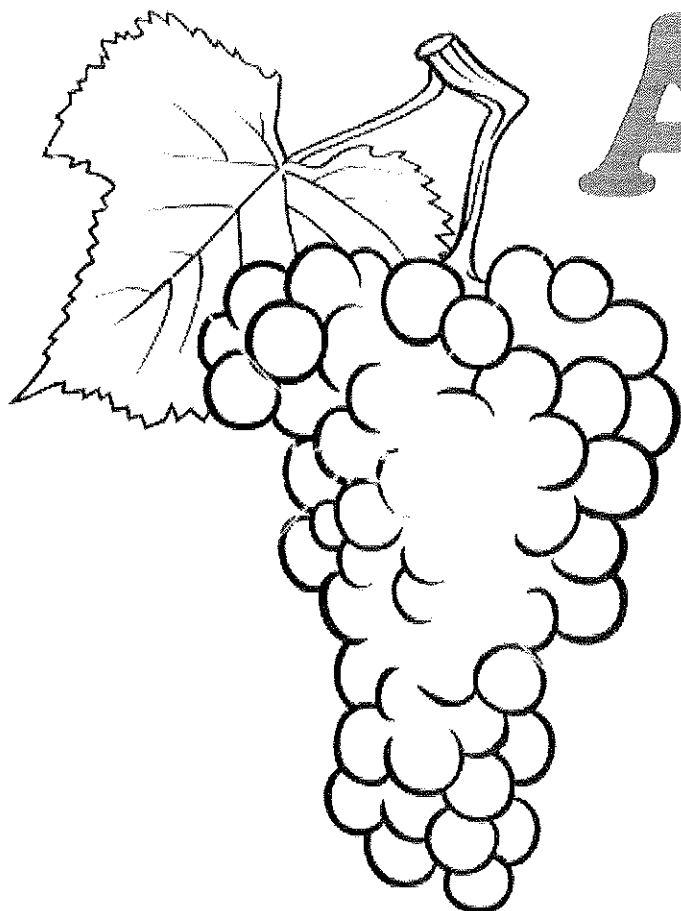
Grape Fun Facts

- We were first cultivated over 8000 years ago
- Hieroglyphics (picture and symbols used in early forms of communication) show that the ancient Egyptians were involved in grape and wine production
- We grow in some form in most parts of the world. The Australian native grape produces its fruit in autumn. They are fairly sour, although their high pectin content means they make a good grape jelly.
- Grapes with black skins are dried to make raisins, whereas sultanas are dried from small seedless green grapes. Americans call all dried grapes 'raisins'.



CLASSROOM

Activity



*See how well you can
color these Grapes!*

Kid Friendly Recipe

Easy Grape Salad

Makes 8 servings

Ingredients

- 1 pound seedless green grapes
- 1 pound seedless red grapes
- 1 (8 ounce) package cream cheese, softened
- 1 (7 ounce) jar marshmallow creme
- 1 (6 ounce) package slivered almonds

Directions

1. Wash grapes in a colander under running water, and remove all stems. Place in a large bowl.
2. In a separate bowl, stir together the cream cheese and marshmallow creme until smooth and creamy. Pour the mixture over the grapes. Using a rubber spatula or large serving spoon, fold the mixture into the grapes until well coated. Fold in the almonds.
3. This salad may be served immediately, or covered and refrigerated for 1 hour to set slightly, and to allow flavors to blend.

