APPLE ACTIVITIES

TEST YOUR APPLE IQ
(answers are at the bottom of this page)
1. One medium apple has __________ grams of fiber.
   A.) zero  B.) two  C.) four  D.) eight
2. Most of the fiber in an apple is found in the __________.
   A.) flesh  B.) skin  C.) core  D.) stem
3. What variety of apples are grown in Pennsylvania?
   A.) Fuji  B.) Gala  C.) Red Delicious  D.) all three

FIND YOUR WAY THROUGH THE APPLE CORE!

EAT THE RAINBOW!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Apples can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red apples, red grapes, red pears, tomatoes, beets, red peppers and radishes.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow apples, yellow pears, apricots, oranges, carrots, sweet corn and yellow tomatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green apples, green grapes, green pears, artichokes, green beans, sugar snap peas and green peppers.

COUNT YOUR FRUIT!
Most kids need 1 to 2 cups of fruit a day to stay healthy. One apple the size of a baseball equals about 1 cup.

Nutrition Facts
Serving Size: 1 medium apple (154g)
Calories 80  Calories from Fat 0

<table>
<thead>
<tr>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 2mg</td>
</tr>
<tr>
<td>Total Carbohydrate 21g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Sugars 16g</td>
</tr>
<tr>
<td>Protein 0g</td>
</tr>
</tbody>
</table>

Vitamin A 2%  Calcium 1%
Vitamin C 12%  Iron 1%
Source: www.nutritiondata.com

Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership initiative.
Growing Healthy Kids is coordinated by the Community Health Improvement Department with financial support from the York Hospital Auxiliary and the Gettysburg Hospital Foundation.
Permission to adapt and reproduce this material for educational purposes has been granted by the California Department of Public Health’s Network for a Healthy California. Original development was made possible by funds from the USDA Food Stamp Program. These institutions are equal opportunity providers and employers.