

October ■ Grapes



Grapes grow on a vine.

Grapes are a fruit.

Grapes have vitamin K.

Vitamin K helps your blood act like glue and stick together on top of a cut.



- Read *Fruit is a Suitcase for Seeds!* at <http://bit.ly/FruitSuitcase> to learn more about fruit.
- Write or draw how a grape grows.

**Quick and Creamy
Grape Shake**
<https://goo.gl/vLmnXu>



Power Up with Fruits and Vegetables!

Did you know that fruits and vegetables have important nutrients that your body needs? These nutrients help you grow and stay healthy.

Vitamin C



Helps keep your gums healthy

Helps heal your cuts



Vitamin A



Helps keep your skin healthy

Helps you see



Calcium



Helps build strong bones and healthy teeth

Fiber

Helps keep a healthy heart



Look at all the colorful fruits and vegetables that give you the nutrients you need! Draw a line to match the word and the picture. Talk with your friend about the produce you would like to try and why.



Apple

Beet

Broccoli

Carrots

Peas

Raisins

Strawberry

