	October - Gr
	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 Omg 0%
	Sodium 2mg 0%
	Total Carbohydrate 14g 5%
	Dietary Fiber 1g 3%
100 F	Sugars 12g
pes grow on a vine.	Protein 1g
	Vitamin A 1% Calcium 1% Vitamin C 14% Iron 2% Other nutrients: Vitamin K (14%) Source: www.nal.usda.gov/fnic/foodcomp/search/ NDB No: 09132

- A 1/2 cup of red or green grapes is a good source of vitamin K.
- Grapes are actually berries and they are made up of about 80% water.
- On average, there are over 100 grapes in a bunch.
- Grapevines need to grow two years before the first grapes are ready to harvest.
- Concord grapes are one of the only three fruits native to North America.
- Watch this video and learn about a grape farmer! <u>http://bit.ly/1CyP1kb</u>

Activity

After watching the video, explain how grapes grow. Also explain what kind of weather helps grapes grow big and sweet.

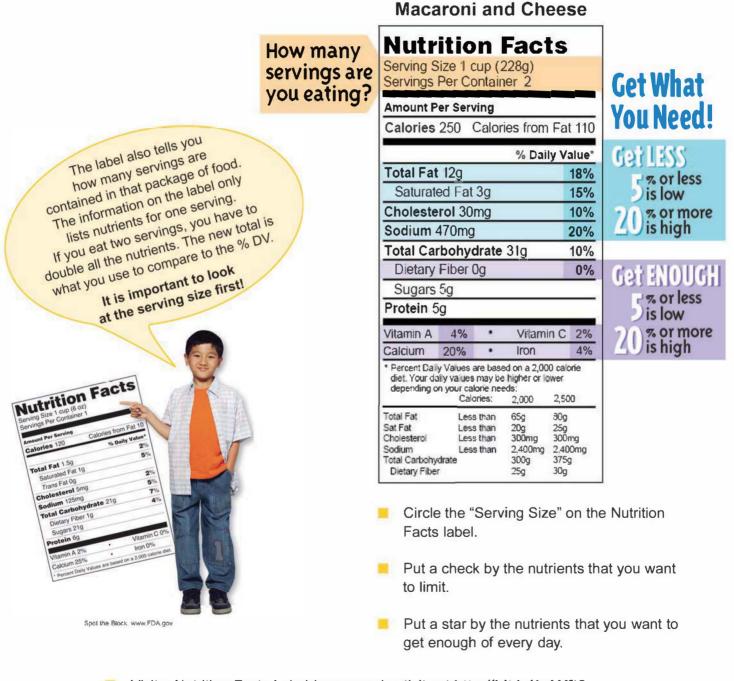




Read It Before You Eat It

You know how books have a table of contents that explains what's inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what's inside the food you're eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.



Visit a Nutrition Facts Label lesson and activity at http://bit.ly/1oLVft6

