# October ■ Grapes

Grapes grow on a vine.

## 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% |

Other nutrients: Vitamin K (14%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09132

- A ½ 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! **http://bit.ly/1CyP1kb**

## Activity

- In the video, the farmer talks about why the Central Valley is one of the best places to grow grapes. Explain what weather conditions are needed to successfully grow grapes.

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

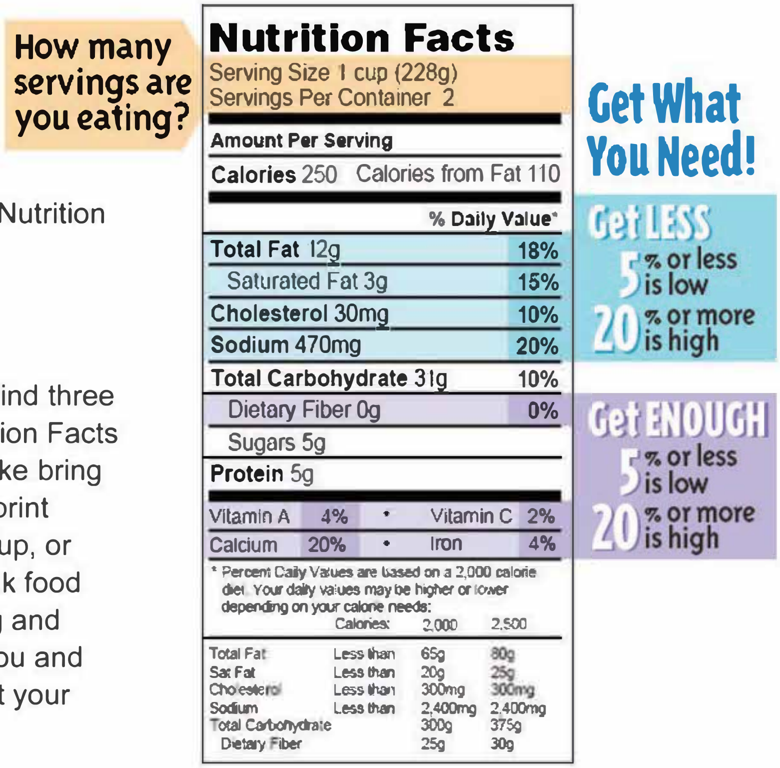
RI.5.7; L.5.1, L.5.2

# 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.

Macaroni and Cheese



**Nutrition Facts**
Serving Size 1 cup (228g)
Servings Per Container 2

**Amount Per Serving**
**Calories** 250 Calories from Fat 110

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 18% |
| Saturated Fat 3g | 15% |
| **Cholesterol** 30mg | 10% |
| **Sodium** 470mg | 20% |
| **Total Carbohydrate** 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| **Protein** 5g | |

| | | | |
|---|---|---|---|
| Vitamin A | 4% | Vitamin C | 2% |
| Calcium | 20% | Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

- Visit **http://bit.ly/1fEL05D** to watch a video on Nutrition Facts Labels.

### Scavenger Hunt!

- Think about a food you would like to analyze. Find three different types of this food and collect the Nutrition Facts labels. You can collect these in different ways like bring the labels in from home, or visit a website and print them out. This can be done as a class, in a group, or individually. Transfer the information to the blank food labels below. Using evidence from your reading and the video, decide which is the best choice for you and explain why you chose that food. Orally present your choice to the class or your group.

**Nutrition Facts**
Serving Size:
Calories Calories from Fat

| | % Daily Value |
|---|---|
| Total Fat | % |
| Saturated Fat | % |
| Trans Fat | |
| Cholesterol | % |
| Sodium | % |
| Total Carbohydrate | % |
| Dietary Fiber | % |
| Sugars | |
| Protein | |

| | | | |
|---|---|---|---|
| Vitamin A | % | Calcium | % |
| Vitamin C | % | Iron | % |

**Nutrition Facts**
Serving Size:
Calories Calories from Fat

| | % Daily Value |
|---|---|
| Total Fat | % |
| Saturated Fat | % |
| Trans Fat | |
| Cholesterol | % |
| Sodium | % |
| Total Carbohydrate | % |
| Dietary Fiber | % |
| Sugars | |
| Protein | |

| | | | |
|---|---|---|---|
| Vitamin A | % | Calcium | % |
| Vitamin C | % | Iron | % |

**Nutrition Facts**
Serving Size:
Calories Calories from Fat

| | % Daily Value |
|---|---|
| Total Fat | % |
| Saturated Fat | % |
| Trans Fat | |
| Cholesterol | % |
| Sodium | % |
| Total Carbohydrate | % |
| Dietary Fiber | % |
| Sugars | |
| Protein | |

| | | | |
|---|---|---|---|
| Vitamin A | % | Calcium | % |
| Vitamin C | % | Iron | % |

RI.5.2; SL.5.1; SL.5.2; 5.OA.A2; 5.MD.A.1; Health Ed Standard: Nutrition & Physical Activity: Accessing Valid Information 3.2.N, Decision Making 5.1.N