

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.
- What color is your favorite grape? Draw a picture of your favorite grape below.

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



Power Up With Fruits and Vegetables!

Did you know that fruits and vegetables have important vitamins that your body needs? Vitamins help you grow and stay healthy. Look at some of the ways vitamins help you.

Vitamin C



Helps keep your gums healthy

Helps heal your cuts



Vitamin A

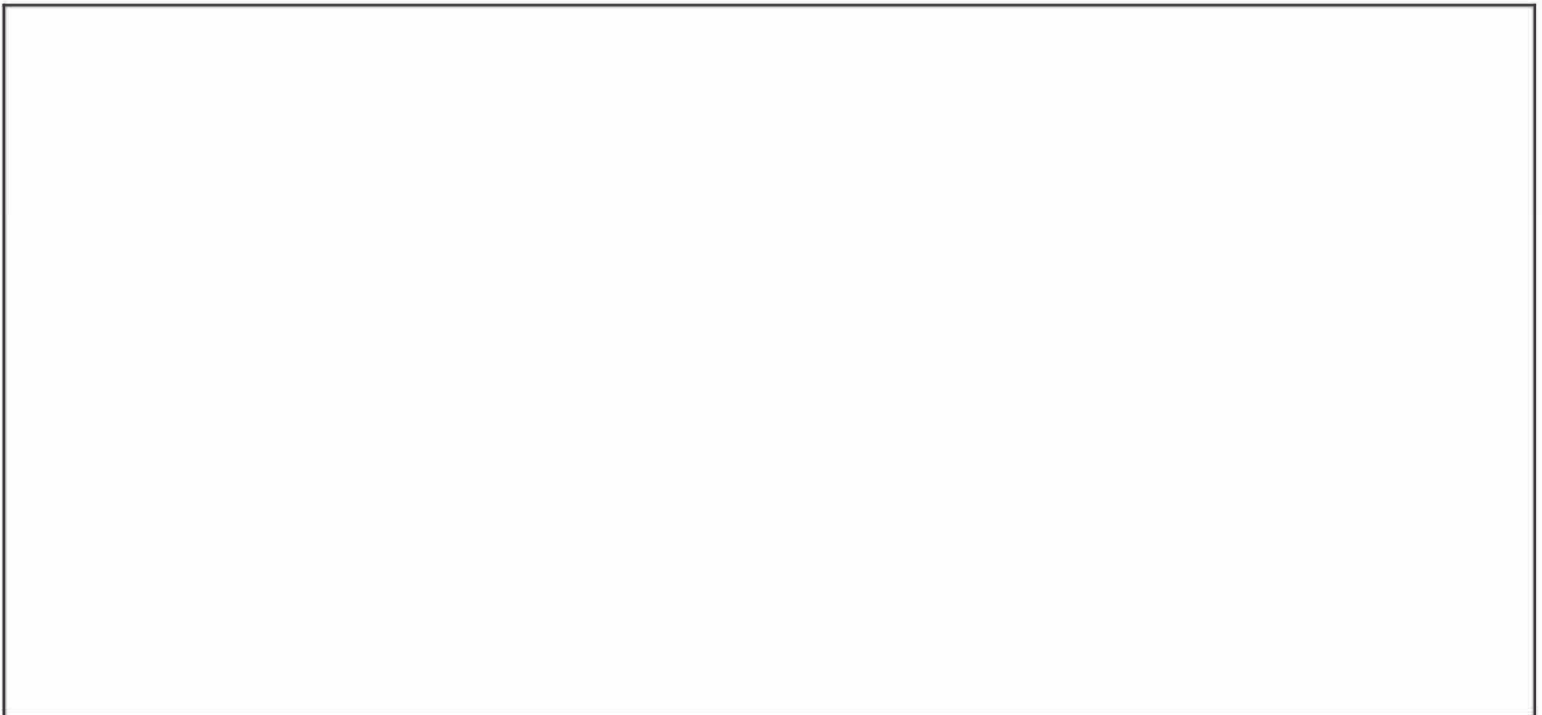


Helps keep your skin healthy

Helps you see



Draw a picture of a healthy you eating your favorite fruit or vegetable.



Share with your classmates how you will ask a family member for your favorite fruit or vegetable.