I pledge allegiance to my health, to not compare myself to anyone else. With fruits and vegetables I’ll fill my tray and get nice and sweaty every day. I have only this body and this one heart so today’s the day I’m going to start eating less chips and less sugary drinks and before I eat I’m going to think!
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](http://bit.ly/1CyP1kb)

**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.

```
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:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 65g</td>
<td>65g</td>
</tr>
<tr>
<td>Less than 20g</td>
<td>20g</td>
</tr>
<tr>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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■ Circle the “Serving Size” on the Nutrition Facts label.
■ Put a check by the nutrients that you want to limit.
■ Put a star by the nutrients that you want to get enough of every day.

Source: KidsHealth.org and USDA's Team Nutrition
RI.2.7, 2.NBT.A.4, 2.NBT.B.6, 2.NBT.B.7; Health Ed Standard: Nutrition and Physical Activity: Accessing Valid Information 3.1N,
Decision Making 5.1.N, 5.2.N