

# Grapes

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- Grapes are actually berries! They have a leathery outside and a fleshy inside like blueberries. Sometimes they have seeds but you can eat them.
  - There are more than 8,000 kinds of grapes. Explorers from Spain brought grapes to America.
  - Grapes are grown all around the world.
  - Grapes come in many colors like green, red, black, yellow, pink, and purple. "White" grapes are actually green.
  - Did you know that raisins are actually dried grapes?
  - Grapes contain Vitamin C which helps to keep us from getting sick.



[Click here to see the Grape Song.](#)

OKCPS School Nutrition Services

