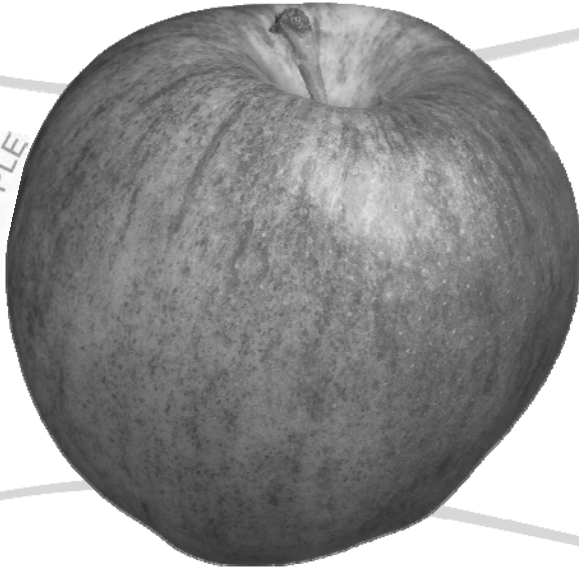


# November ~ Apple

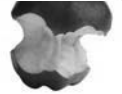
GALA APPLE



## Nutrition Facts

Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 12%
Calcium 1%	Iron 1%
Source: www.nutritiondata.com	

RED DELICIOUS APPLE



- Apples are a good source of fiber and vitamin C.
  - Apples are a source of potassium, which helps maintain a healthy heart.
  - Apples are best when eaten with the peel, because that is where most of the fiber is found.
- **List three adjectives to describe the way apples taste, look, or smell.**  
 You can use the list of adjectives on page 25 to help you.



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### THINK ■ PAIR ■ SHARE

Think of a sentence using one or more of the adjectives you listed and share with a partner.

## THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is a high, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and what nutrients they are high in or a good source of.

**5% or less = Low Source**

**10-19% = Good Source**

**20% or more = High Source**

- One medium apple is 12% of the Daily Value for vitamin C. Is one medium apple a low, good, or high source of vitamin C? \_\_\_\_\_

# Why Fruits and Vegetables are Good for You

- Fruits and vegetables are some of the healthiest and best tasting foods.
- They are low in sodium and calories, and most are fat-free.
- Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks.
- Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy.



- How can I make a rainbow of fruits and vegetables on my plate?



## Meal

***Example: cereal***

***Example: bean burrito***

---



---



---



---



---



---

## Fruit or Vegetable to Add

***strawberries or bananas***

***grilled red bell peppers***

---



---



---



---



---



---

