APPLE ACTIVITIES

Test Your Apple IQ
(answers are at the bottom of this page)

1. One medium apple has ___________ grams of fiber.
   A.) zero   B.) two   C.) four   D.) eight

2. Most of the fiber in an apple is found in the _____________.
   A.) flesh   B.) skin   C.) core   D.) stem

3. What variety of apples are grown in California?
   A.) Fuji   B.) Gala   C.) Red Delicious   D.) all three

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Apples can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red apples, red grapes, red pears, tomatoes, beets, red peppers and radishes.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow apples, yellow pears, apricots, oranges, carrots, sweet corn and yellow tomatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green apples, green grapes, green pears, artichokes, green beans, sugar snap peas and green peppers.

What is a Serving?
A serving of apples is one medium fruit. This is about the size of a baseball.

Find your way through the apple core!

Start here

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Nutrition Facts

Serving Size: 1 medium apple (154g)

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<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
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<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Iron</td>
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</table>

Source: www.nutritiondata.com


This material was funded by USDA’s Food Stamp Program through the California Department of Public Health’s Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.