

# Grapes

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2<sup>nd</sup> grade students learn about a variety of snacks and healthy living.

To learn more about grapes, watch Eating Healthy with Michelle – Lesson 5. The video can be found at <https://www.youtube.com/watch?v=Asgox1oQ7QA&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

## Facts



- Grapes are one of the oldest fruits to be grown. They can be traced back as far as biblical times.
- Grapes grow in clusters on vines. They are a perennial plant.
- There are more than 50 varieties that come in black, blue, golden, red, green, and purple.
- Grapes are about 80% water and are a good source of
  - Vitamin C – gets rid on germs in the body, heals cuts and bruises, and heals our skin.
  - Potassium – helps our blood pressure and balances the fluids in our body for hydration.
  - Fiber – aids with digestion and helps you feel full longer.

## How to Pick ‘Em

- Choose grapes that are
  - Firm
  - Plump
  - Well colored clusters
  - Securely attached to their green stem
- Avoid green coloring in dark varieties.



## Try it at Home

- Grapes are a delicious snack plain or frozen.
- They can be added to salads, kabobs, and a topping on fruit pizza.
- Enjoy grapes as juice or jelly.
- Dried grapes, called raisins, are also a healthy snack that contains iron and only 15% water.

## Crisp Fruit Salad

### Ingredients:

- 1 red apple
- 1 pear
- 1 teaspoon lemon juice
- 1 cup seedless grapes, halved
- 1/2 cup raisins
- 1 container (6 ounces) low fat, sugar free vanilla yogurt
- 2 tablespoons light mayonnaise or salad dressing



### Directions:

1. Wash fruit.
2. Chop apple and pear (leave skin on). Add to serving bowl and toss with lemon juice.
3. Add grapes and raisins.
4. Combine yogurt and mayonnaise in a small bowl and spread over fruit. Stir to combine.
5. Refrigerate. Best eaten the day it is prepared.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/crisp-fruit-salad/>

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