

Apple & Grape Mix



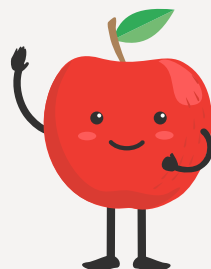
Look: What are the two different shapes of the fruit in the bag?

Taste: Do apples taste better sliced or whole?

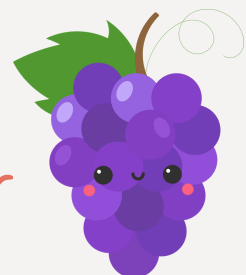
Touch: How does the skin (outside) of the apple feel vs the flesh (inside) of the apple? What about the grapes? Does the skin of the grape feel the same or different than the inside?



Which one is your favorite, the apples or the grapes?



or



Did you know?

Eating an apple with the peel is better for you! The skin of an apple contains up to 332% more vitamin K, 142 % more vitamin C, 20% more calcium, and up to 19% more potassium in a whole apple!

Nutritionals

Apples are very filling and a good source of many important nutrients, including:

Fiber

Vitamin C

Antioxidants

Red grapes are high in vitamin K which helps build strong bones. They are also a good source of vitamin C and are fat and cholesterol free!

Vitamin K

Vitamin C

Fat & Cholesterol free