

Grapes!

Today you can try red seedless grapes from California. Grapes grow on vines in clusters. They can grow in many different colors, like green, red, blue, purple and blue-black. Grapes are eaten raw but there are also many other foods made from grapes, like 100% grape juice and raisins. For fun, try freezing grapes to make a sweet, cool snack!



Fun Fact: Spanish explorers introduced grapes to America about 300 years ago!

Body Benefits: Grapes give your body Vitamins C and A to help you grow strong!

Grapes belong to the **red Fruits** section on *MyPlate*.



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