

# 5 A DAY AND GRAPES

## KIDS ACTIVITY SHEET

Try this fun & easy recipe

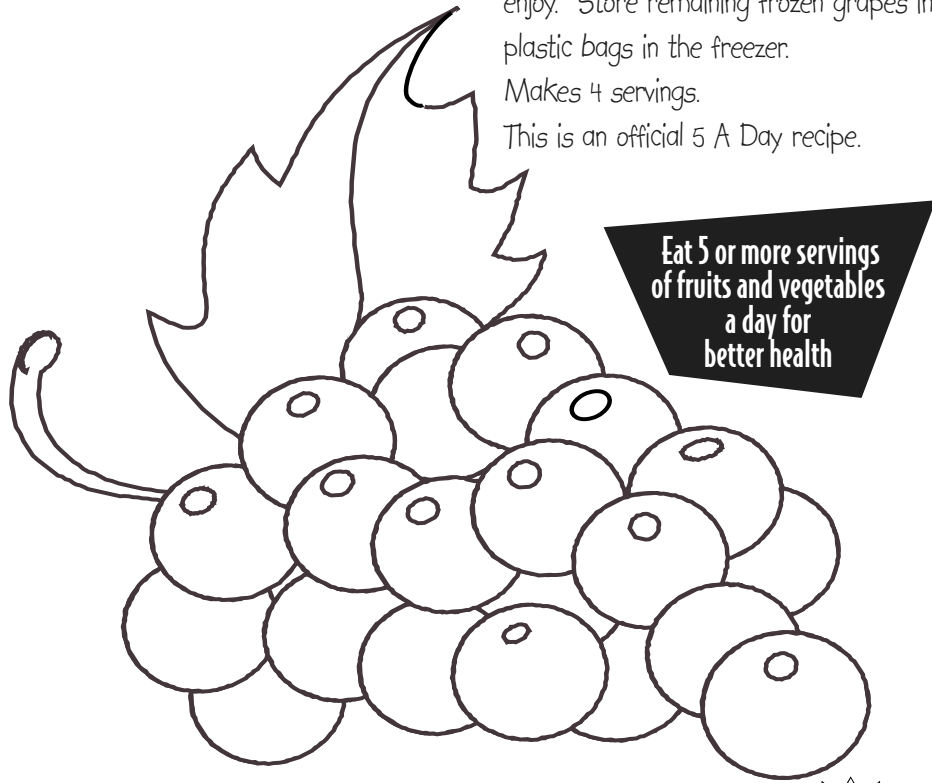
### COOL GRAPES

1 large bunch of seedless  
green or red grapes

Wash the grapes and remove the stems. Arrange grapes on a baking sheet and place in the freezer for 30 minutes. Remove from freezer and enjoy. Store remaining frozen grapes in plastic bags in the freezer.

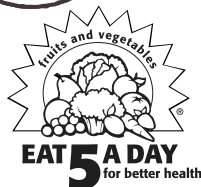
Makes 4 servings.

This is an official 5 A Day recipe.



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# WHAT IS A SERVING?

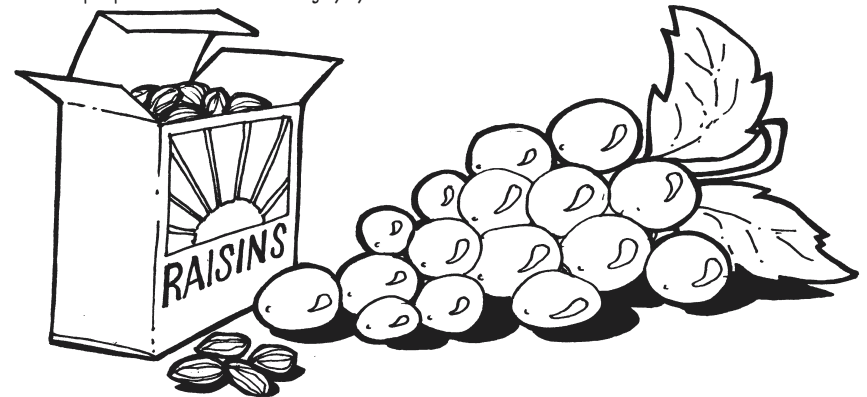
**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit  
1/2 cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables  
1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

## FROM GRAPES TO RAISINS

Do you know where raisins come from?

Try this and find out. You will need: seedless grapes, paper plate, paper towels, and tape

1. Wash a cluster of grapes; blot dry with paper towels.
2. Place grapes on a paper plate and cover with a paper towel with a few holes poked in it for ventilation.
3. Staple or tape the paper plate and paper towel together along the edges.
4. Place the plate in direct sunlight and leave for 4-5 days.
5. Remove paper towel and enjoy your fresh raisins!



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