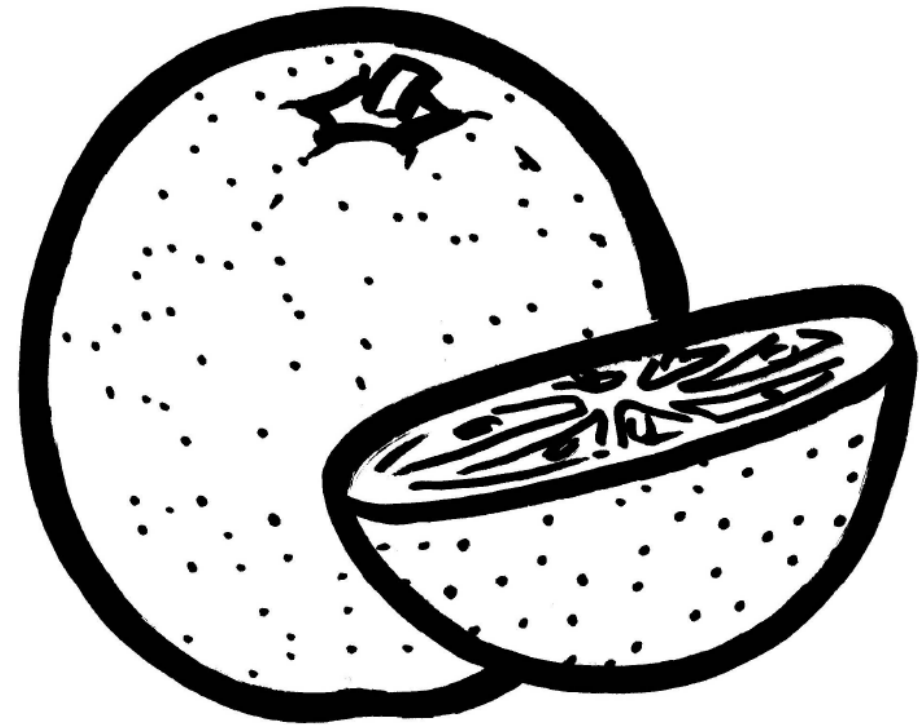




CHAMPIONS
for CHANGE
Network for a Healthy California



For food stamp information, call 877-847-3663.
Funded by the USDA Supplemental Nutrition
Assistance Program, an equal opportunity
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MY GRAPEFRUIT BOOK

BY: _____



Word Scramble

Unscramble the following words about grapefruit.

rftiu _____

eert _____

Vtminai C _____

llyeow _____

uodnr _____

Use three or more of the words you found in a complete sentence.

Grapefruit Story Problems



1. A farmer has a grapefruit orchard. He planted 120 new grapefruit trees. Of the new trees, $\frac{2}{3}$ were ruby red grapefruit and $\frac{1}{3}$ were yellow. How many ruby red grapefruit trees did the farmer plant?

2. Grapefruit trees grow 12 inches per year. How many inches will the trees have grown after 5 years?

3. The grapefruits are ready to be picked. The farmer has 1,500 pounds of grapefruit. How many 5 pound bags can he make?

4. The farmer has a stand at a farmers' market to sell his fruit. He will sell his 5 pound bags for \$2.50 each. If the farmer sells 200 bags of grapefruits, how much money will he make?

5. A woman goes to the farmers' market to buy some fruit. She has \$20.00. If each bag is \$2.50, how many bags can she buy?

Grapefruit Facts

1. Grapefruit grow on flowering, evergreen trees.
2. Botanists believe that grapefruits are an accidental hybrid of 2 citrus fruits, the pummelo and the sweet orange.
3. Grapefruits were named by a Jamaican farmer who noticed they grew in clusters-like grapes-on trees.
4. Grapefruits are one of the largest citrus fruits.
5. Grapefruits are grouped into 3 color categories, yellow/white, pink, and red.
6. Grapefruits grow well in warm, subtropical climates like California.
7. California is the nation's second leading producer (behind Florida) of both citrus fruit and grapefruit.



Healthy Goal: A Healthy New You!

January starts the beginning of a new year. Many people make New Year's Resolutions. Resolutions are promises or goals you make to do something good for yourself. Think about some New Year's Resolutions you'd like to make for this year in the following areas.

My healthy eating New Year's Resolution is:



My physical activity New Year's Resolution is:





Comprehension Questions

1. True or False: Grapefruits grow well in cold climates like Alaska.

2. Which state is the nation's second leading producer of grapefruit?

3. Grapefruit is an excellent source of what vitamin? _____

4. How did grapefruits get their name?

5. Name the 3 color categories of grapefruit.

6. _____ is a mineral found in grapefruits that is essential for maintaining the bones and tissues in your body.

7. Why is it important to make sure you eat foods high in vitamin C? _____

Grapefruit Nutrition Facts

1. Grapefruits are an excellent source of vitamin C.

2. Vitamin C helps the body to fight off illnesses and keep the immune system healthy.

3. Grapefruits are also a source of magnesium.

What is magnesium?

Magnesium is a mineral that plays a role in many body functions including:

- ◆ developing and maintaining your bones and tissue
- ◆ helps your body maintain a steady heartbeat
- ◆ keeping your muscles and nerves working properly

