



Fresh Story: Grapes

Get to Know Your Fruits and Vegetables

Great Grapes

Tasty grapes grow by the bunch,
They're easy to pack for snack or lunch.
On a trellis, on a vine
Red or green, they both taste fine.
Some have seeds, but others don't.
Turn down a grape? I know I won't!
You know what I think is most fun?
To sit and eat them, one by one.

What's Great about Grapes? A Bunch of Things!

Grapes come in lots of different colours—red, black, dark blue, yellow, green, orange and pink. What colour are you snacking on today?

Grapes are very, very good for us. Your snack today is giving your body lots of Vitamin C and K, and fibre.

Grapes have been cultivated for thousands of years. The ancient Egyptians grew grapes both for eating and making wine.

Grapes have natural sugars that make them deliciously sweet.

We make lots of tasty things from grapes. We squish grapes to make juice or wine. We make jams and jellies and fruit leathers from the juice, skin and pulp. We even make Grapeseed oil from the seeds.

Raisins are sweet, black grapes that have been left to dry naturally in sunlight.

600 wine grapes =
one bottle of wine.

Grapes are fruiting berries that grow from a vine. That's right, grapes are berries!

Psst...Don't feed me
grapes or raisins.
Grapes are good for
people but can make us
dogs sick.



Why are they called 'Table Grapes'?

The two main types of grapes are Wine Grapes and Table Grapes. Most of the grapes grown around the world are for making wine. Wine Grapes are green and red, and are very sweet with bitter seeds and chewy skin. To make wine you crush grapes to squeeze out the juice. Table Grapes are larger and meant to be eaten fresh. Don't their thin skins give a nice 'pop' when you eat them? We should call them POP Grapes instead!

Something so Fine, Growing on a Bush, a Tree, or a Vine...

Did you know that all of the fresh fruit and vegetables you'll be eating on your school's fresh snack program have something in common? They were grown on BC farms. But they're not all the same. Just as fruit comes in all shapes, sizes and colours, so is the way that they grow. Some grow on trees or on bushes. Grapes are berries, but they don't grow on bushes like blueberries, they grow on long thin vines that twist around anything.

A grape farm is called an 'orchard' or a 'vineyard'. Grape farmers set up trellises to support their vines and to keep the grapes off the ground. Vineyards are rows and rows of vines trained on trellis systems.

How many grapes in a bunch?



Grapes grow together in groups, or clusters, called 'bunches'. A bunch of grapes can be from five grapes to fifty! That's what makes them such a fun snack. They hang out together on their little branches till you're ready to eat them one-by-one.

TONGUE TWISTER - try saying this 8 times, fast!

Eight Great Grapes, Eight Great Grapes...

How Does it Grow? Match each fruit or berry with the type of plant it grows on...

apples • blackberries • blueberries
• cherries • grapes • kiwi fruit
• nectarines • peaches • pears
• plums • raspberries • tomatoes

