



Apple

WHAT IS IT?

Apples are a popular fruit in the U.S. They come in many colors, shapes, and flavors from sweet to sour. Enjoy them fresh in the fall.

FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Apples count as a fruit. Try apples and other colorful fruits to stay healthy!



FUN FACTS & TIPS



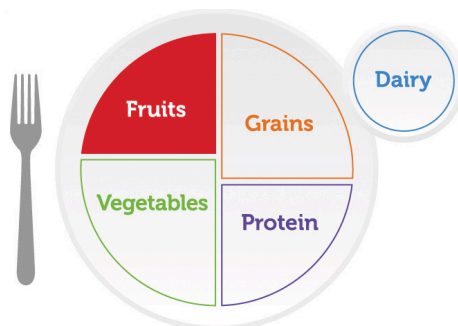
A man called Johnny Appleseed helped plant apple trees all across the U.S. Midwest.



Apples grow in all 50 states in the U.S.



Add apples to your salad for extra sweetness.



MyPlate.gov



Scan QR code to find more NE Team Nutrition resources.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.



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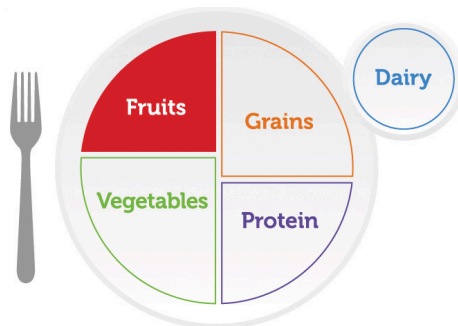
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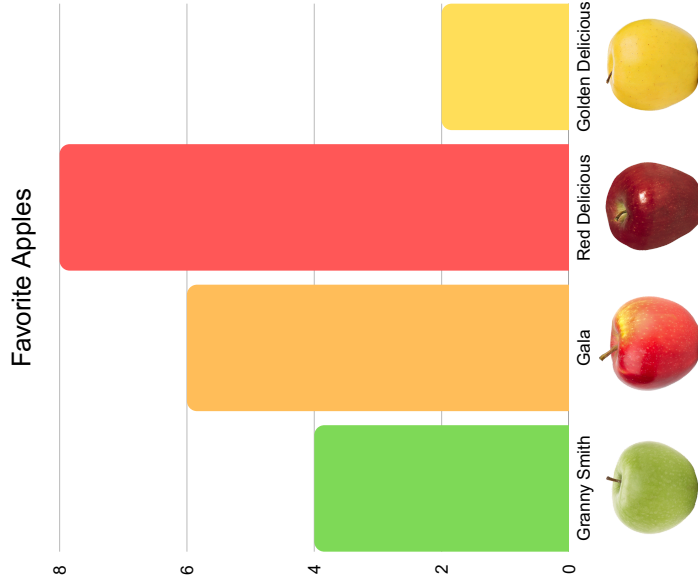


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APPLE BAR CHART

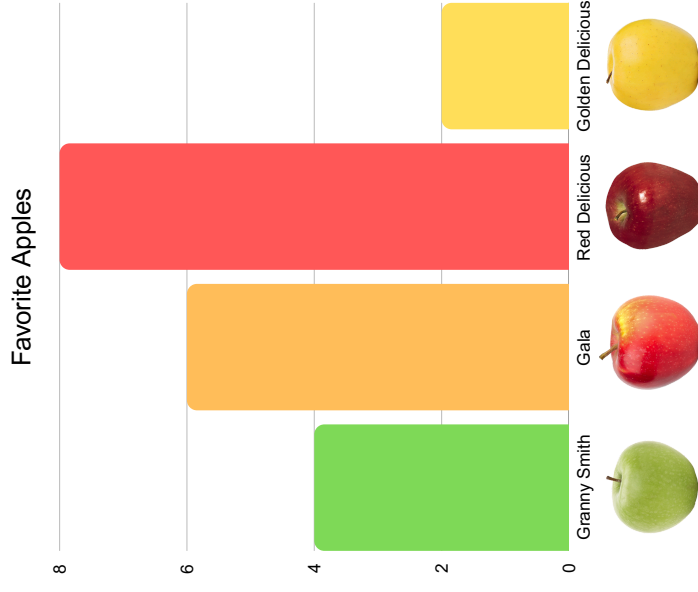
Look at the bar chart and answer the questions.



1. How many students like Gala apples?
2. Which apple do students like the most?
3. Which apple do students like the least?
4. How many students like Granny Smith apples?
5. How many students like either Gala or Golden Delicious apples?

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