

# Grapes

## 1. Where are most phytonutrients found in grapes?

Most phytonutrients (also known as phytochemicals) are found in the skin of the grape.

## 2. Name the three health benefits of iron. What happens if you consume too much? Too little?

- Carries oxygen to cells and tissues
- Assists in making red blood cells
- Aids in brain development
- Supports the immune system

Too much iron can cause nausea, vomiting, and constipation. Very high doses can be fatal. Iron overload can contribute to health problems such as heart disease. As few as five high-potency iron tablets can be fatal for a small child. If you don't consume enough iron, the result can be iron deficiency anemia. Oxygen is not as available to the body, resulting in fatigue, dizziness, headaches, lowered immune function, and interference with the ability to learn.

## 3. What does the color of the grape tell you about the environment in which it was grown?

Grapes come in three colors – green, red and blue-black. The various colors are harvested at different times of the year and vary in the sweetness and uses.

## 4. Name three other fruits or vegetables that develop from flowers. How does pollination affect the varieties produced? What other methods are used to develop new varieties of fruits and vegetables?

There are many fruits and vegetables that develop from flowers: apples, oranges, pears, tomatoes, cucumbers, squash, lemons, tangerines, melons. Some are pollinated by wind

and others require insects for pollination. Pollination can be used to develop new varieties of grapes. Genetic engineering, cross pollination are ways to develop new varieties.

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