

Fresh Fruit

1. Which fruit has the most calories **per serving**? _____
 - a. What is the serving size? _____
2. Which fruit has the most calories **per whole fruit**? _____
 - a. What is the serving size? _____
 - b. How many calories are there per serving? _____
3. If you eat **one whole** avocado, how many grams of fat will you eat? _____
4. Do kiwifruit, nectarines, and peaches have **a lot of** fat? _____
5. Do any of the fruits have a **large amount** of sodium? _____
6. Which fruit has **the most** potassium? _____
7. Do any of the fruits have **too many** carbohydrates? _____
8. If you make a salad with one apple, one banana, $\frac{3}{4}$ cup grapes and one pear how many carbohydrates will you eat? _____
9. Which fruits are **good sources** of fiber? _____
10. Look at the salad in #9. If you eat that salad, how much fiber will you eat? _____
11. Which two fruits have no sugar? _____
12. Which fruits have **20 grams or more** of sugar? _____
13. Do any of the fruits have a **large amount** of protein? _____
14. Which fruits are **good sources** of Vitamin A? _____
15. Which fruits are **good sources** of Vitamin C? _____

16. Are any of the fruits a **good source** of calcium? _____



17. Are any of the fruits a **good source** of iron? _____

18. What is your favorite fruit? _____

a. What nutrients do you receive from that fruit? _____

