**What’s in an apple?**Air, water, fibre (the skin), natural sugar, vitamins, minerals, malic acid (gives the apple its flavour)

**Why are apples good for you?**Vitamin C (growth and repair) and minerals (many body functions), fibre (healthy digestion, feeling full), sugar (energy), antioxidants and phytochemicals (protect and fight disease)

**Taste Testing**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of apple** | **Country of origin** | **Price per apple** | **Comment** | **Ranking** |
| Cameo | Kent, England |  |  |  |
| Braeburn | Italy |  |  |  |
| Pink Lady | France |  |  |  |
| Granny Smith | France |  |  |  |
| Red Chief | Spain |  |  |  |
| Gala | Chile |  |  |  |
| Fuji | Spain |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Questions**

1. Which one is crunchiest?
2. Which one is the sweetest?
3. Which one is the juiciest?
4. Which one did you like best and why?

**An Apple a Day Keeps the Climate Okay**

# What’s in an apple?