

What's in an apple?

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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?