

# Apple Slices

## ***Nutrition:***

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- **Apples have a lot of fiber and vitamin C, and are free of fat, sodium, and cholesterol.**
- **Fiber makes you feel full faster, helps your stomach to digest better, and helps you go to the bathroom easier.**

## ***Did you know?***

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- **There are more than 7,500 varieties of apple in the world!**
- **Apple trees take 4 – 5 years to produce their first fruit. Bees must pollinate the flowers for them to produce fruit.**
- **The United States is one of the top apple producing countries, and we grow more than 2,500 varieties!**
- **These apples were grown near Shelby, Michigan.**



## ***More:***

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- **Store your apples in the refrigerator to stay fresh. Apples ripen (soften) 10x faster at room temperature.**
- **The peel of the apple contains the fiber, by eating the whole fruit you get the most nutritional benefit!**

**Teachers, follow [this link](#) for a science lesson by MysteryScience that features apples.**