



Penny
Super Crew Kid

Guess who's here for all seasons!

I come in blackish-purple and yellow.

I'm super sweet, chewy and taste great in all sorts of dishes.

Some people say I have wrinkles, but that's because I'm sun dried.

I may come in a bag or a box, but either way I am a tasty surprise.

Ancient Greeks and Romans used me as a reward for the winners of sport competitions.

Answer: California Raisins

Fill in the blank

- 1 Raisins are dried _____.
- 2 Raisins are wrinkled because after drying, _____ is taken out of the fruit.
- 3 Raisins can last for _____ in sealed containers, but refrigeration can make raisins last 6 months to a year.
- 4 Iron in raisins makes it a food that's really important to our _____.
- 5 California produces _____ percent of all the raisins in the United States and about _____ percent of the raisins in the world!

Answers: 1. Grapes 2. Water 3. 1 month 4. blood 5. 95.50

The Super Crew says:

CHOOSE THIS:

Fresh, dried or frozen fruit with raisins.

Frozen yogurt with low-fat granola.

Low-fat carrot mini muffins, whole grain oatmeal topped with raisins.

INSTEAD OF THIS:

Fruit roll-ups or food "made with fruit flavoring".

Ice cream with chocolate sauce.

Cupcakes or brownies, sugary cereal.

Top 10 benefits of California Raisins



- 1 They taste soooooo good!
- 2 Do not spoil easily because of their low water content.
- 3 Good source of energy because of higher concentration of carbohydrate.
- 4 Easy to store or carry.
- 5 Convenient to eat!
- 6 Do not cause cavities like other foods of equal sweetness because of special compounds they contain like oleonic acid.
- 7 Contain magnesium, iron, potassium, and boron.
- 8 Fructans in raisins increase the fiber contents as well as act as a prebiotic to improve intestinal health.
- 9 Provide lots of what the Super Crew calls fight-o-chemicals, that fight off disease, such as polyphenols.
- 10 Loaded with antioxidants!