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.

Nutrition

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!

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 oleanolic 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!

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.

INSTED OF THIS:

Fruit roll-ups or food “made with fruit flavoring”.
Ice cream with chocolate sauce.
Cupcakes or brownies, sugary cereal.

Answer: 

1. Grapes
2. Water
3. 1 month
4. blood
5. 95,50