

As I See It

Name: _____

1. In the box provided, draw what you see after your fruit is cut in half. Label the skin, flesh, and seed or seeds.

How many seeds does your fruit have? _____

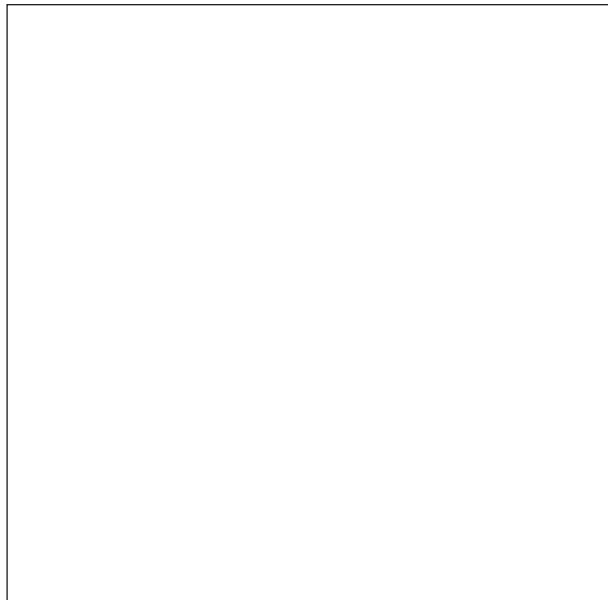
Measure the length of your seed. _____

Measure the width of your seed. _____

2. Describe the texture of the fruit skin. _____

3. Why do plants have fruit? _____

4. Why do plants have seeds? _____



5. Which of the fruits that were examined by your class have the highest content of vitamin C? _____

6. Why is vitamin C important? _____

7. How did the Gold Rush play a part in California's agricultural history? _____

% Daily Value of Vitamin C Per One Cup Serving of Fruit			
Apple = 8%	Grape = 8%	Peach = 18%	Strawberry = 142%
Avocado = 24%	Grapefruit = 120%	Pear = 10%	Mandarin = 86%
Banana = 22%	Kiwifruit = 278%	Pineapple = 130%	Watermelon = 20%
Cantaloupe = 98%	Orange = 160%	Raspberry = 50%	
Cherry = 14%	Plum = 26%	Blackberry = 50%	

Source: www.nal.usda.gov/fnic/foodcomp/search