

Current Event

Name _____ Due: 1/20/09

Topic: Apples

Title of article _____

Publication or home page _____

Health benefit: bone protection, asthma, alzheimers, cholesterol, cancer, diabetes, weight loss

List 5 facts from the article.

1. _____

2. _____

3. _____

4. _____

5. _____

How do apples provide this benefit? _____

What part of the apple gives the benefit? _____

Do all varieties provide the benefit? _____

What vitamins and nutrients are provided by an apple? _____

Do you take a vitamin each day? Why or why not? _____
