

Apples to Apples

FALL IS A FUN TIME to pick and enjoy apples. They taste great and are good for our bodies. Did you know that there are more than 7,500 kinds of apples grown around the world? They can be as small as a cherry or as large as a grapefruit! Let's take a look at some of the reasons that apples are the perfect fall fruit to snack on!

An Apple a Day

Have you ever heard the saying "An apple a day keeps the doctor away"? Apples have a lot of vitamin C, which is good for your body. Vitamin C helps keep your immune system strong and healthy so that your body can fight germs and infections.

Apples are also a good source of fiber. A medium-sized apple can have up to four grams of fiber—about 17% of the daily amount of fiber your body needs.

Why Do Apples Turn Brown When They Are Cut?


Have you ever watched your parents cut an apple and noticed that it turns brown? This is a chemical reaction that happens because of an enzyme (something that helps chemical reactions) in apples. When oxygen from the air touches these enzymes, it causes the apples to turn brown. You can help stop this chemical reaction by eating your apples right away after they are cut or by keeping them in an airtight container.

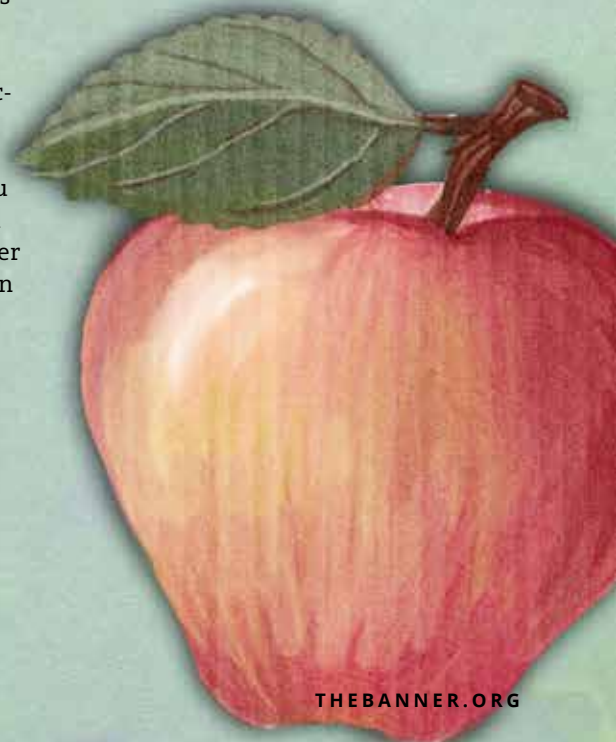
Try This Science Experiment!

Ask an adult to cut the following fruits and vegetables for you and place each food on a plate or napkin: one apple slice, one raw potato slice, one radish slice, and one piece of banana. Set a timer and see how long it takes for each fruit or vegetable to turn brown. Do they turn brown at the same time? Write down the results of your experiment.

The Apple of God's Eye

Keep me as the apple of your eye; hide me in the shadow of your wings (Ps. 17:8).

Have you ever heard one of your parents or grandparents say, "You are the apple of my eye"? It doesn't mean that there was a real apple in their eye! It is a saying that means someone is very special. Because we are loved by God, we are the apple of his eye! The next time you bite into a juicy apple, remember that you are loved and cherished by God! 



Christin Baker is a full-time stay-at-home mom who also writes for Faith Alive. She is a member of Resurrection Fellowship Church in Grand Rapids, Mich.