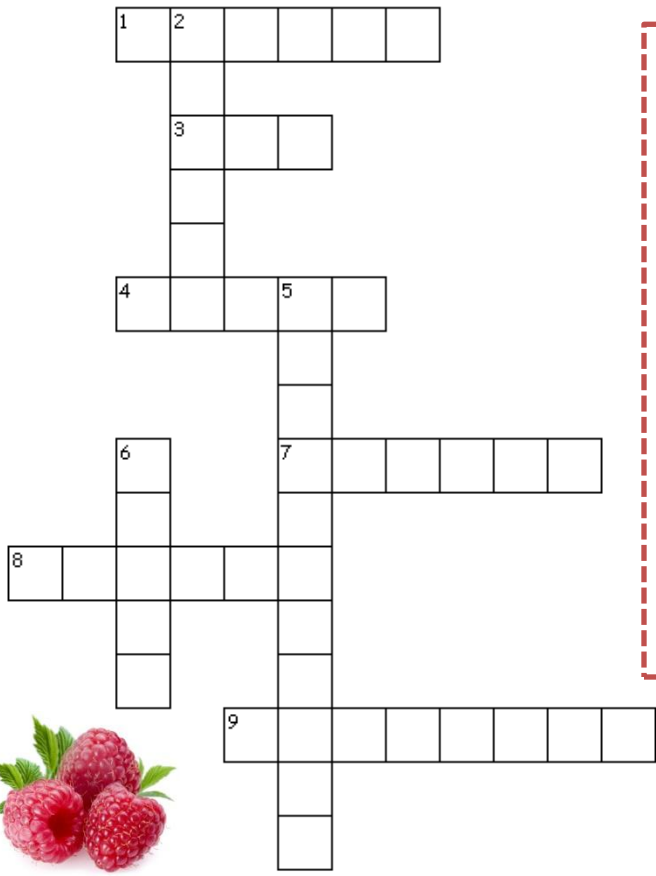


R A S P B E R R I E S



The berry is native to Europe but today widely cultivated in many temperate regions all over the world under supervised farms. Chief producers of raspberries are Poland, United States, Germany, and Chile.

Each Raspberry has a cone shape, weighs about 2-4 grams and contains 80-100 drupelets arranged in circular patterns. While the most common type of raspberry is red in color, hybrids actually come in a range of colors including: black, purple, orange, yellow and white.



- Across**
- Hybrid raspberry color
 - Color of a "regular" raspberry
 - Strawberries, blueberries, raspberries are all a type of _____.
 - Hybrid raspberry color
 - Hybrid raspberry color
 - Eat foods with these to make you healthy (Hint: Starts with "V")
- Down**
- Where raspberries are native to
 - What type of berry are you tasting today?
 - Another hybrid raspberry color

Key:
 Across- 1.Yellow 3.Red 4.Berry 7.Purple 8.Orange 9.Vitamins
 Down- 2.Europe 5.Raspberries 6.Black

NUTRITION INFORMATION

Low in calories and fat, cholesterol-free and high in fiber and vitamin C, raspberries are a heart-healthy food.

100 g of berries hold just 52 calories and provide 6.5 g of fiber (16% of daily recommended intake).

Fresh raspberries are an excellent sources of vitamin-C, which is also a powerful natural antioxidant. 100 g berries provide 26.2 mg or about 47% of DRI of vitamin C.

