

All about Grapefruit

You may not know that February is also considered National Grapefruit Month. This 'unofficial' holiday began as a creative way to market attention to the wonderful tastes and health benefits of eating grapefruit. Grapefruit are very high in vitamin C as well as contain important ingredients called antioxidants. Antioxidants can help people stay healthy by destroying toxins in the body that may come



from pollution or unhealthy eating habits. They also have ample amounts of Vitamin A and potassium, which makes them a healthy part of any diet. The main reason that February was chosen as National Grapefruit month is because they are considered to be at their peak in February. This means that they are the most ripe and ready to be harvested.

The grapefruit was discovered in the early 1700's and is native to the West Indies. In 1820, it was brought to Florida where it grows very well due to the warm and humid climate and has also been growing successfully in Texas. Grapefruit got their name because as they grow they look very much like clusters of grapes, although the grapefruit are ten times larger. Just like any other kind of fruit there isn't just one kind of grapefruit. You can purchase pink or ruby red grapefruit, seeded or seedless and yellow-fleshed grapefruit. Most people prefer the ruby red or pink variations because they are sweeter.

Grapefruit are larger than oranges and do not taste sweet. They have a tangy after taste and many people describe them as sour. Many people use them as a breakfast food by cutting them in half and sprinkling sugar on them. You can take a knife, cut around the inside of the fruit, and easily scoop the sections of 'meat' out of the grapefruit. Because they are so healthy, they have been part of many diet plans including one that is actually called the grapefruit diet.

Grapefruit are also used in many recipes and can be enjoyed in drinks, main dishes and desserts. They have a very distinct flavor and fresh smell that people can easily recognize. There are also many perfumes and body lotions that are scented to smell like the fragrant grapefruit.

While most people think oranges are the healthiest citrus fruit around, the truth is that grapefruit actually have more vitamin C than oranges and more nutrients than the typical orange as well. Although they don't taste quite as sweet, it is worth trying them and trying to eat them regularly so that you can stay healthy.

National Grapefruit Month is not largely publicized however, it is definitely a big time of year for people who grow and sell grapefruit. They are often shipped in boxes around the globe during the month of February. This is also when the cost of grapefruit is at their lowest because they are plentiful. The celebration has been used as a way to spread the knowledge of just how flavorful and healthy grapefruit are, share recipes and grapefruit dishes as well as offer specials on grapefruit in the hopes that more and more people will buy them.

Name _____ Date _____

All About Grapefruit – Quiz

1. What does the word “ample” mean!
 - a. slight amounts
 - b. enough
 - c. more than enough
 - d. not enough

2. Which is the best estimate for how long grapefruit have been growing in Florida?
 - a. 500 years
 - b. 190 years
 - c. 250 years
 - d. 300 years

3. What would be an example of a toxin in your body that antioxidants from grapefruit might help to fight?
 - a. Air pollutants
 - b. Excess sugar
 - c. Chemical additives in food
 - d. Excess fat from food
 - e. All of the above

4. Based on the passage above, how many grapes would it take to make the size of one grapefruit?
 - a. 100
 - b. 20
 - c. 10
 - d. 30

5. Why are grapefruit less expensive during February
 - a. It costs less to ship them
 - b. They are about to spoil and companies are throwing them away
 - c. They are not as good
 - d. They are plentiful as this is their peak

6. Which has more Vitamin C
 - a. oranges
 - b. grapefruit
 - c. grapes
 - d. lemons

Name _____ Date _____

All About Grapefruit – Free Response Quiz

- 1. Do you think making February National Grapefruit Month has made a difference in how many grapefruit are sold? Why or why not?**

- 2. Is it wise to sprinkle sugar on grapefruit when you eat them? Why or why not?**

- 3. Name something that you have eaten that has grapefruit in it. Did you like it or not?**

- 4. Based on what you know about where grapefruit grow, where would be another location that might grow large amounts of grapefruit?**

- 5. How do you think grapefruit were brought from the West Indies to Florida during the 1820's?**

- 6. Why do you think that people would carry grapefruit when they traveled across the sea?**

- 7. How would eating one grapefruit every day benefit your health?**

All About Grapefruit – Answer Key

- 1. c**
- 2. b**
- 3. e**
- 4. c**
- 5. d**
- 6. b**