



## DRIED FRUIT

- Drying is one of the oldest methods of food preservation dating back 5,000 years! Humans discovered that fruit like grapes, dates, and figs were still edible after drying in the hot sun.
- Many dried fruits were brought to the U.S. from other countries.
- Because dried fruits contain 80% less water, the nutrients and sugar are concentrated into a smaller portion size.
- Many dried fruits are a good source of potassium, a mineral that helps your brain tell your muscles when to move.



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## SCIENCE: Dancing Raisins

### Supplies Needed:

- Baking soda
- Vinegar
- Raisins
- Measuring cup
- Teaspoon
- Glass mason jar
- Scissors

### Directions:

1. Pour one-and-a-half cups of water into the jar.
2. Add one heaping teaspoon of baking soda, and stir until it is dissolved in the water.
3. Add four to six raisins to the water/baking soda mix.
4. SLOWLY add one cup of vinegar.



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