



DRIED FRUIT

- Drying is one of the oldest methods of food preservation dating back 5000 years!
- Humans discovered that fruit let on trees to dry was still edible.
- Many dried fruits were brought to the US from other countries.
- Because dried fruits contain 80% less water, the nutrients are concentrated into a smaller portion size.





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.