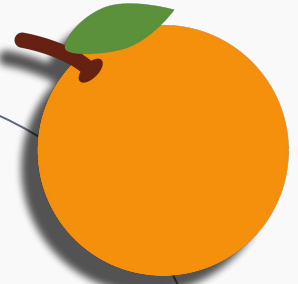


VENN DIAGRAM



Compare

Contrast



Apples

Same

Oranges

Different

Different

1. Complete a list of differences for apples and oranges.
2. Identify any similarities.
3. Write a sentence using comparing words or phrases.
4. Write a sentence using contrasting words or phrases.

Apples and Oranges

They say an apple a day keeps the doctor away. What about an orange? Both apples and oranges have nutritional benefits, but only one comes out on top. By comparing and contrasting the vitamins, minerals, and sugar content in these two fruits, it is possible to determine which one should be consumed on a daily basis.

Most people know that oranges are a great source of Vitamin C. Vitamin C is important for our immune systems. A single orange has 110% of your required daily intake. That's about eight times more Vitamin C than a medium-sized apple. But Vitamin C isn't the only vitamin we need. Both apples and oranges contain Vitamin B-6. This vitamin is important for brain development. Oranges offer slightly more B-6 than apples.

Apples and oranges also contain important minerals. They both contain about the same amount of potassium. This is necessary for maintaining blood pressure. Calcium is another important mineral. A single orange contains about 6% of the calcium you

need in a day, whereas apples contain almost none. Apples, on the other hand, are high in quercetin. This is a cancer-fighting antioxidant that oranges lack.

Apples and oranges both contain natural sugars. A medium-sized orange has about 12 grams of sugar, while an apple has about 19 grams. On the other hand, more people drink orange juice than eat oranges. Drinking juice doesn't require the effort of peeling. Orange juice, like apple juice, is very high in sugar. It takes two-four oranges to make a single cup of orange juice. Unlike apple juice, many people consume orange juice every day. Juice that is high in sugar can cause people to gain weight.

Apples are a healthy snack and are easy to grab on the go. Oranges, though they require peeling, are also very good for you. Side by side, in fact, oranges offer more nutritional benefits than apples. If you eat an orange a day, you'll get 100% of your required Vitamin C as well as other important minerals. Choosing orange juice out of convenience, however, is not a wise choice. Stick with an orange a day to keep the doctor away.