

Apples

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Apples and Oranges (Compare and Contrast)

Did you know apples and oranges are two of the healthiest foods? They both have many vitamins, and they both protect you from many sicknesses. Both fruits are very different and similar, though. Just by the taste they have way different **textures**. Apples have a hard, crispy texture and oranges have a soft, squishy texture. Also just by looks apples have a thin peel and oranges have a thick peel.

There are many bigger similarities and differences with the health benefits. Both fruits can protect you from liver cancer but in different ways. The article, “8 big Health Benefits of Apples” from Healthy Living states, “In 2007 a study from Cornell found additional compounds called triterpenoids which seem to fight against liver, colon, and breast cancers.” The article, “13 Health Benefits of Oranges” from Healthy Living says, “According to two studies in Japan eating mandarin oranges reduces liver cancer. This may be due in part to vitamin A compounds known as carotenoids.”

Apples and oranges both also have a lot of fiber and vitamin C. Which means they both lower cholesterol and defend against many diseases such as colds.

Mouth Ache (Problem and Solution)

Have you ever ate an apple and your mouth started to hurt? Apples can be one of the most delicious fruits, but sometimes they can damage your teeth. Apples are very hard, so they will hurt when you bite into them. The article “An Apple is worse for your Teeth than a Fizzy Drink” says, “Doctors quite rightly say that eating apples is good, but if you eat them slowly the high **acidity** levels can damage your teeth.” So eating one of the healthiest fruits can hurt your teeth. There is a simple solution for this, though.

An easy way to assure to not have a sore tooth is to cut the apples and then to eat them quicker. Cutting them will make them into smaller portions so they are easier to bite making them not as tough to eat. You should eat faster so they will not damage your teeth, but not too fast. Eating apples fast might cause your teeth to hurt even more. So if you slowly bite apples and you do not cut them they will damage your teeth.

Apples

A Very Healthy Fruit (Description)

Apples are one of the healthiest fruits you can eat. They provide a lot of benefits to your body and they protect you from many sicknesses. One very important thing is apples contain a lot of fiber. The article "8 Big Health Benefits of Apples," from Healthy Living says, "One medium-sized apple contains about four grams of fiber." So apples make you full for longer because it takes longer to digest complex fiber than simple ingredients. A very healthy part of an apple is the peel. The peel contains most of the fiber and it has ursolic acid which boosts calorie burn. Apples prevent colds, diabetes, liver cancer, colon cancer, and breast cancer. They prevent colds by having 8 milligrams of vitamin C. They stop cancers because by having a compound called triterpenoids. Apples decrease risk of type 2 diabetes by having a class of **antioxidants** and anthocyanins.

Title of Article (Cause and Effect)

There are many effects of eating apples and most are good but not all. You might think of apples being good for you. You are correct as long as you don't eat seeds. Apples give you vitamins but the seeds are way different. The seeds contain amygdalin which releases a poison called cyanide.

The article "Are Apple Seeds Poisonous," from Healthline says, "Cyanide is a chemical that has gained **infamy** as one of the deadliest poisons." The same article also says, "You would finely have to chew and eat about 200 apple seeds or 20 apple cores to receive a fatal dose." Small amounts can still be dangerous can still be dangerous by harming your brain or heart and could lead to coma or death. Apple seeds can be very harmful to you. So be careful and don't accidentally swallow an apple seed.

Apple Growth (Chronological Order)

Have you ever grown an apple tree? If you have you know how hard it is and how time consuming it is. In the end apple trees can be very rewarding, but they are a challenge for sure. After you have planted your seeds it is now the hard part because you have to make sure your tree is **growing** correctly. Don't stress out because apple trees can take up to 6 years to grow.

After the first year you have planted your tree you will have a short stick sticking out of the ground. That part is called the rootstock which grows on all apple trees. The second year the rootstock will be much taller. It will also probably have leafed out on the top. In the third and fourth year there will be many stems and the trunk will grow in width. In the final year the tree will have grown and fruit will have started growing.

Year 1

Rootstock

Year 3-4

Grown a lot

Year 2

Leafed out

Year 5-6

Fruit



This is an established apple tree



These are many types of apples

When you eat apples your mouth starts to hurt

Problem

When you eat apples slowly the high acidic levels damage your teeth

Why that would happen

Cut the apples and eat them quicker

Solution

Title of Article (Opinion Essay)

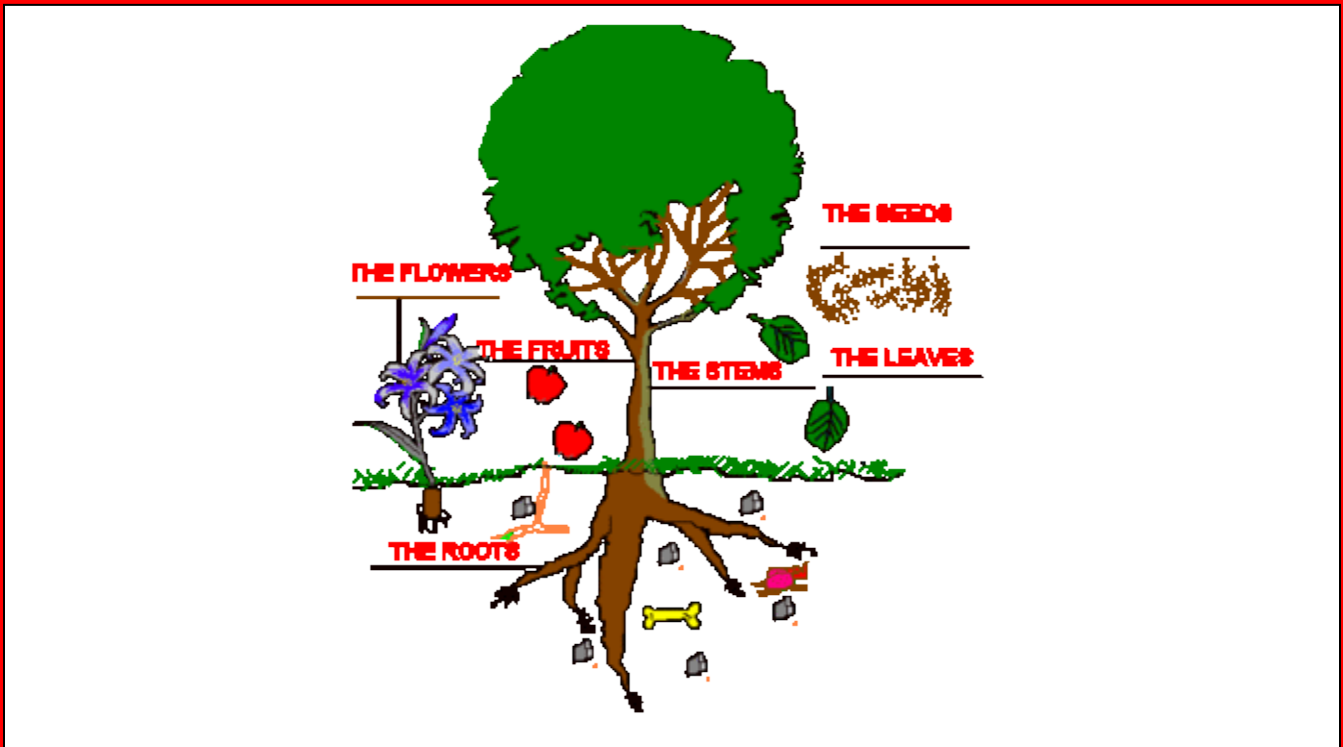
Have you ever used an Apple brand device? If you did you must have had an awesome experience. That is exactly why I think Apple is the best phone and Technology Company. Did you know Apple is the most valuable company in the world? I think Apple is the best company for technology because Apple devices receive updates and apps faster, Apple has great protection for broken devices, and with Apple devices you can share with your other devices. Some people prefer Android over Apple but most families have at least one Apples device.

The first reason I like Apple over Android or Samsung is Apple receives things faster. Most apps are on both Apple and Android, but apps come to Apple first. There are also way more Apple only apps than Android only apps. Apple updates are also a lot faster than Android updates. Apple updates take at most an hour to update when Android updates can take up to a month to arrive on all devices.

My second reason why I like Apple over Android is better with broken or old devices. Most brands have a protection program but Apples protection program (Apple Care+) is much better because it is more convenient. It is more convenient because you can take your device to a local Apple store to get a replacement. Apple Care+ is also much cheaper than other protection programs. When Apple devices get old they are worth a lot more money than android devices. For example a Galaxy S5 from 2014 is worth \$70 when the iPhone 6 which is also from 2014 is worth \$210.

The last reason I like Apple over Android is with Apples devices you can share with your other Apple devices. For example you can answer a phone call from your iPad that was from your iPhone. You can also start a task on your iPhone and continue on your Mac. With Apple you can share files with other devices thanks to Airdrop. Another thing is with Apple you can communicate with other devices. There are many communication apps Apple has that Android doesn't like Imessage.

Now I hope you want to go buy an Apple device. Probably because Apple gets things faster, Apple has great protection, and Apple devices can share much better. Still some families use Android devices and not Apple devices. I still like Apple devices over Android devices, and I think you do to.



Word search

A G H K R I U L K H F D R U S R A G U O P J S D G Y I
 D P G K L O H G K D R I R D H J N R E B I F K V O P L
 G K G E J D O H D F K A S U O P T K D W Q O G I K F
 A J H R W R U T K G V I T A M I N C K J E R T Y O U W
 L J F H D R U I H S K H F T N A D I X O I T N A M O F
 H R O O T S T O C K H T I O P H R P T K R I S H K J L
 E D I N A Y C K J D F G H W Q P O L H D J S R U I S D

Word Box

Cyanide Rootstock Fiber Vitamin C Antioxidant

Glossary

Acidity- The level of acid in a substance

Antioxidant- A substance that removes bacteria

Infamy- Being well known for doing something bad

Texture- The feel, appearance, or consistency of an object or surface

Growing- Becoming bigger over a period of time