PERCENTAGE WATER CONTENT OF FRUITS AND VEGETABLES

FRUITS				VEGETABLES			
Item	Food weight (g)	Water weight	Percent water	Item	Food weight (g)	Water weight	Percent water
Apple	138	116		Broccoli	44	40	91
Apricot	106	92	86	Cabbage	35	32	
Bananas	114	85		Carrots	72	63	
Blueberries	145	123	85	Cauliflower	50	46	92
Cantaloupe	160	144		Celery	40	38	
Cherries	68	55	81	Cucumber	52	50	96
Cranberries	95	82		Eggplant	41	38	
Grapes	92	75	82	Lettuce	20	19	96
Grapefruit	123	112		Peas	72	57	
Orange	140	122	87	Peppers	50	46	92
Peach	87	76		Potato	112	88	
Pear	166	139	84	Radish	45	43	95
Pineapple	155	135		Spinach	28	26	
Plum	66	56	85	Onion	140	125	

To find % content of water, divide water weight by food weight.

Example:

GRAPES   water weight 75g   food weight   92g

Calculation 75 divided by 92 = 0.8152

Round to 2 decimal places = 0.82

Multiply by 100 = **82%**

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Answers

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Plum	66	56	85	Onion	140	125	89

Teaching notes

This resource was developed after I was pleased that one of the young men at my youth centre started talking mathematically. "A potato is 94% water," he said.
I checked and the percentage is 79. So I thought this could be a good worksheet?

I left tomato off…
What is the difference between knowledge and wisdom?
Knowledge is knowing that a tomato is a fruit; wisdom is remembering to leave it out of the fruit salad!

Keith G Ball
Senior Youth Worker
Newcastle - North Division