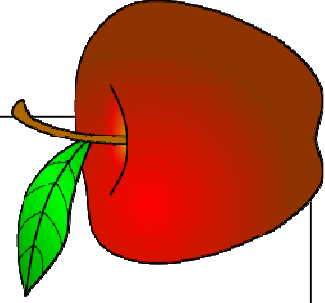


# Main Idea

**What a passage is mostly about.**

**Apples are a healthy snack.**

This passage is about how apples are healthy to eat.



Apples are a healthy snack. They contain Vitamin C to help your body fight illnesses. Eating apples can help protect your heart. The juice in apples can kill germs that cause cavities. Doctors think apples might even protect your brain.

Next time you enjoy an apple you can be sure it is doing your body good.