



Fruit and Vegetable Search

8th Grade FCS—Session 3 - January/February, 2010

Fruits and Vegetables are Good for Your Heart!

Featured Fruits and Vegetables...

- Apples
- Avocados
- Clementine
- Jalapeno Peppers
- Mango
- Mangosteen
- Strawberry

A few More Notes...

- Banana
- Blueberries
- Coconut
- Orange
- Pears
- Pineapple
- Pumpkin
- Zucchini



Are you following the Food Guide Pyramid recommendations? That's the question that 8th grade students tried to answer after keeping track of their food intake for one day. Many found that they were lacking several groups, especially fruits and vegetables. These two groups are usually high in Vitamin A, C, and fiber which help with vision, skin care, fighting off germs, and helping with the digestive process. Research also shows that eating more fruits and vegetables can help lower the risk of cancer and heart diseases related to obesity since they have little or no fat and cholesterol.

Groups or individual students selected a fruit or vegetable and researched information about their choice. Students found a few facts about the history, nutrition, storage, purchasing, and ways to include the foods in their diets. They shared their findings with the class and often shared a little taste of their food. Projects included power points, posters, fact sheets, or demonstrations. We completed this topic by baking some zucchini bread with a little chocolate added!



So read on, and find out more about avocados, blueberries, Clementine's, , mangoes, and even mangosteens just to name a few of the foods the students selected. Hopefully, the information will encourage you to add more fruits and vegetables to your diet. Your heart will appreciate it!

Eat More Fruit and Vegetables for a Healthy Heart!



Apples by Rachel, Alex, and Colby

Apples by Kyle and Andrew

Facts:

- Refrigerate apples and use within 3-4 weeks.
- Apples float because 25% of their volume is air.
- One medium apple has only about 70 calories and is a good source of fiber and



Vitamin C.

Apples on a Stick

- 2 cups sugar
- 2 cups light corn syrup
- 1/3 cup red cinnamon candies
- 1/2 teaspoon cinnamon
- 6 medium –size red apples (McIntosh or Delicious)
- 6 wooden skewers



Directions:

1. In medium saucepan, combine sugar, corn syrup, candies and 1 cup cold water.
2. Over medium heat, stir constantly until sugar and candies are dissolved. Don't boil. Add cinnamon; stir to mix well.
3. Bring syrup to boiling; continue cooking without stirring to 300 degrees on candy thermometer.
4. Clean apples. Insert skewer partway in stem end, far enough to hold apple firmly.
5. Remove syrup from heat. Working quickly, dip apple into syrup to coat completely. Place on greased cookie sheet.

Yield: 6

Avocados by Liz and Tasha

Facts: In our demonstration we are showing how to cut an avocado and how to make guacamole. Spanish conquistadors brought the avocado from Spain in the 1800's. One interesting fact is that if you store avocados in a tightly sealed bag with bananas, it will ripen fast. 80 % are grown in California on trees. They are filled with Vitamin K, C, E, B6, and foliate. The lighter green glossy skin doesn't change when it ripens. To check for ripeness, you squeeze it gently, and it should be pliable, but not firm.

Salsa Guacamole

- 6 ripe avocados, halved, pitted and peeled
- 1/4 cup lemon juice
- 1 cup salsa
- 2 green onions, finely chopped
- 1/4 teaspoon salt or salt-free seasoning blend
- 1/4 teaspoon garlic powder
- Tortilla chips

In a bowl, mash avocados with lemon juice. Stir in salsa, onions, salt and garlic powder. Serve immediately with tortilla chips.

Yield: about 3 cups



Clementine by Beth and Courtney

Facts: We thought it was really interesting that the Clementine was capable of lasting 1 week in the pantry without being set in the refrigerator.



Clementine Bon-Bons

Makes about 20 pieces

- 1/2 cup semisweet chocolate chips
- 2/3 cup shredded sweetened coconut
- 2 Clementines, peeled and sectioned (a good job for kids)

Melt chocolate chips in a double boiler or microwave (according to package instructions). Transfer to a small bowl and stir until cool enough for kids to touch, about 30 seconds. Pour the coconut into a bowl. Place the bowl of chocolate, the bowl of coconut, and a cookie sheet lined with waxed paper in a row. Dip one end of each Clementine segment into the chocolate, then coat in the coconut, and put on the cookie sheet.

Chill until the chocolate has hardened, 15 minutes.



Jalapeno Peppers by Collin and Hunter



Facts: We did our project on jalapenos. We chose the jalapeno because we thought it would be fun to taste test, and also that it would be fun to find information about. In our demonstration, we are cutting a few jalapenos and leaving them out so our classmates can sample them. We will bring milk, which we found out that it is the best thing to get rid of the burning sensation of jalapenos. We will also make a chicken enchilada dip which involves jalapenos. We will bring crackers for our classmates to try the dip and enjoy it. We found out that the jalapeno originally started in Jalapa, Veracruz. It was then transported

to other parts in Mexico and then around the whole country. The most interesting thing we found about it is that if you want to get away the burn from after you eat one; milk is the best thing to drink. We believe that the jalapeno will be a great topic to do our fruit and vegetables project.

Chicken Enchilada Dip

Chicken Enchilada Dip

- 1 (6-ounce) pkg. cream cheese—Fat Free
- 2 Tablespoon sour cream—Fat Free
- Chopped onion
- Chopped Jalapeno peppers
- 1 pkg. southwestern chicken breast strips

Directions:

1. Mix all ingredients in a bowl.
2. Refrigerate. Serve with crackers.

Yield: 1-2 cups dip





Mangoes by Danielle and Allison

Facts:

After doing this project we both learned a lot about mangoes. We learned that they have a seed that is flat. We also learned how to properly cut and serve the mango. Mangoes are the number one consumed fruit in the world. All in all doing this project we learned a lot about mangoes.



Mangoes by Aaron

Facts:

Mangos originated in Southeast Asia and descended from the melon.



Mangosteen by Holly and Emily




Facts: Mangosteens are super-foods. They are use to help relieve migraine headaches, which Emily and I have experienced. I frankly had only heard of this fruit while walking around Super Saver with my mom. I noticed the strange and expensive fruit and didn't think much about it. When we were assigned this project, I had a flash back and thought it would be fun to learn more about the mangos-teen.



Strawberries by Chanel and Cassie

Strawberries by Jayde and Alex

Facts:

- Strawberries grew wild in Italy as long ago as 234 B.C. and were discovered in Virginia by the first Europeans when their ships landed there in 1588.
- We dipped strawberries in melted chocolate almond bark. 
- Even though this may be just another project, we really enjoyed doing this one! It was a great learning experience and fun to get to make a recipe and do a demo! First, during this project we learned a lot. Some of the most interesting things that we learned were: that they are the only fruit that has seeds on the outside. So think about it when you are eating a strawberry you are actually eating the seeds! Another fact that was unique was that strawberries actually come in 600 different varieties. Wow, that's a lot! You can defiantly have your choice! All in all, this project was really entertaining and fun to do. We had a lot of time to work, and it was fun to get to choose which fruit we wanted to do. We could also pick our presentation. We hope you enjoy our presentation and dessert!



Mini Strawberry Cheesecakes

- 1 pkg. (8 oz.) PHILADELPHIA Neufchatel Cheese, softened
- 1 pkg. (3.4 oz.) JELL-O Strawberry Crème Flavor Instant Pudding
- 1 cup fat free milk
- 2 cups thawed COOL WHIP LITE Whipped Topping
- 24 NILLA wafers
- 1 cup fresh strawberries, cut

1. **BEAT** Neufchatel with mixer until creamy. Blend in dry pudding mix. Gradually beat in milk. Stir in COOL WHIP.
2. **PLACE** 1 wafer on bottom of each of 24 (2-inch) paper baking cups; place in muffin pan. Cover with pudding mixture.
3. **FREEZE** 1 hour. Top with berries just before serving.

Yield: 24

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Blushing Pink Strawberry Punch

- 1 (8-ounce) can crushed pineapple in juice, undrained
- 2 cups crushed strawberries
- 1 (12-ounce) can strawberry nectar
- 1/2 gallon vanilla ice cream
- 1 (2-liter) bottle strawberry soda
- Whole strawberries for garnish

1. Combine pineapple, crushed strawberries, strawberry nectar and ice cream in a large plastic bowl.
2. Cover tightly and freeze.
3. To serve: Thaw frozen mixture enough to crush into a slushy mixture; add to punch bowl. Pour soda over mixture. Stir gently and serve. Garnish with whole strawberries, if desired.

Yield: 12

More Fruit and Vegetable Notes . . .



Bananas by Allana

- Bananas can be stored at room temperature until ripe, and then they should be refrigerated which keeps them for 5-7 days. If you freeze them, they will last indefinitely, although the peel will turn black.

Blueberries by Brook and Lexie

- The most eye-opening thing was how healthy they are. In World War II they would eat blueberries to help with night vision. So if you want to see in the dark eat some blueberries!

Coconut by Caleb and AJ

- I thought it was cool that it could be stored up to six months in just a plastic bag. It was also interesting that the coconut is made more of water than milk and is high in vitamin C. The most interesting part is that the coconut has been used by people for medicine.



Orange by Cheyenne and Miranda

Storage Information

- Store oranges in refrigerator to extend shelf to 2-3 weeks.
- Freeze Directions: Wash, peel, and divide into sections. Combine 2 and 3/4 cup sugar and 4 cups water. Stir until solution is clear. Boil. Cool syrup and pour over oranges. Place oranges and syrup in sealed containers or freezer bags. Freeze 10-12 months.

Pears by Carson and Jace

- Pears rank second behind apples as the most popular fruit consumers purchase.

Pears by Tristen

- Choose firm pears. Check for ripeness by gently applying pressure to stem end with your thumb. When it "gives" slightly, it is ready to eat. Pears are a good source of Vitamin C and fiber.

Pineapple by Tanner

- Pineapples only have 60 calories in them and are a great source of vitamin C and manganese .

Pumpkin by Jacob and Aaron

- We were surprised to learn that pumpkins originated in Mexico around 7000 B.C. to 5500 B.C.

Zucchini by Khayman

- They often grow really fast and sometimes can cover an extremely large area with their leaves.