

Banana

by Dylan and Kordaryus

by Keith and Kassie



Facts. . . .

- Bananas are America's # 1 fruit.
- Over 50% of the bananas eaten are part of the breakfast meal.



- A banana contains Vitamin C, potassium, and dietary fiber.
- Bananas do not contain sodium, fat, or cholesterol.
- As bananas ripen, the starch will turn into sugar. Therefore, green bananas are not very sweet.

- There are 2 main varieties—the sweet kind we eat and the plantain. The plantain is a cooking banana which is eaten with the

meal as a vegetable.

- On each stem, about 10 bananas grow. These are called hands, while each banana is called a finger.

Resources:

<http://www.buzzle.com/articles/banana-nutrition-facts.html>

<http://www.cheerios.com/ourCereals/BananaNutCheerios/BananaFunFacts.aspx>

Banana-Strawberry Smoothie

- 2 bananas
- 2 cups strawberries
- 1 cup milk
- 1 cup plain yogurt

Directions:

1. Peel and slice bananas.
2. Wash and cut off tops of the strawberries.
3. Put into blender with the milk and yogurt.
4. Blend and serve.



Blueberries

Tip: If using frozen blueberries, use right from freezer and add last to prevent bleeding.

Resources:

<http://tonyantillo.com/producttips/fruits/blueberries.html>



by Brandon Oltman

and Patrick White

Blueberry Smoothie

- 1/2 cup blueberries
- 1/2 cup blueberry yogurt
- 1/2 banana
- 1/2 cup ice

- Blend bananas, ice, and yogurt until banana is well blended.
- Add berries. Blend on low speed for 30 seconds.

Yield: 2 servings



Kiwifruit by Chris and Hayden

Kiwifruit by Tatum and Zac

Facts. . . .

- California grows the most Kiwi in the US.
- Kiwifruit is available all year round.
- Fruits grow on a large vine with leaves that can be up to 8 inches long. A kiwi plant may require 40-60 gallons of water daily during peak growing season.
- It is an excellent source of Vitamin C, Vitamin E, potassium, and fiber.
- The skin is edible.

Resources:

Nutrition Services—Thompson School District R2-J



Fruit Dip

4 ounces cream cheese, softened

1/4 cup sour cream

2 tablespoon sugar

2 tablespoon brown sugar

1/2 teaspoon syrup

- In a small mixing bowl combine cream cheese, sour cream, sugars, and syrup. Beat well until smooth.
- Chill.
- Serve with fresh Kiwi fruit or a variety of fruits.

Yield: About 2 cups dip



Mangoes by Nichole and Jamie

Mangoes by Jayme and Hazey

How to cut a mango with a mango slicer . . .

- Correctly position the slicer so the hole will go directly around the pit.
- Next take the mango cheek in one hand and gently slice one mango half criss-cross, cutting through the mango center, but not through the peel.
- Push the peel inside out, so the pieces can easily be removed. This procedure is call the “porcupine” cut.



Mango Smoothie Recipe 1

1 cup mango, peeled and diced

1 cup plain or vanilla nonfat yogurt

1/2 cup crushed ice

Milk, optional

- Place mango, yogurt, and ice in a blender. Blend until completely mixed.
- Add a little milk if too thick.

Yield 2

Mango Smoothie Recipe 2

1 large mango, peeled and diced

1 banana

1/2 cup plain or vanilla nonfat yogurt

1 cup orange juice

6 ice cubes

- Chill the mango after cutting. Blend orange juice, yogurt, and banana until well mixed.
- Add ice and mango. Continue blending until mango is thoroughly.

Yield 2

Peach by Katie and Sam



Facts. . .

- Peaches originated in China.
- Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.
- Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1-2 days.
- Nutrition Information: Low fat; saturated fat free; sodium free; cholesterol free; good source of vitamin C.

Resources:

http://www.fruitsandveggiesmorematters.org/?page_id=186

Berry Blast

Smoothie

- 1 cup apple juice
- 1 1/2 cup lemonade
- 1 cup frozen raspberries
- 1/2 cup frozen strawberries
- 1 cup raspberry sherbet

Directions:

1. Combine the apple juice and lemonade in a blender. Add the frozen berries and sherbet. Blend to desired thickness..

Yield: 4

Peppers by Corey and Drew

Tip: Find out how to cut your favorite bell pepper at the following site:

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=150&SuperSubID=122>



Facts:

- Originated in Central and South America.
- Choose firm, brightly colored peppers with tight skin.
- Put in plastic bag and refrigerate. Use in about 5 days for best results.
- Fat free, low sodium, cholesterol free, low calories, good source of Vitamin C.

Resources:

<http://www.fruitsandveggiesmorematters.org/>



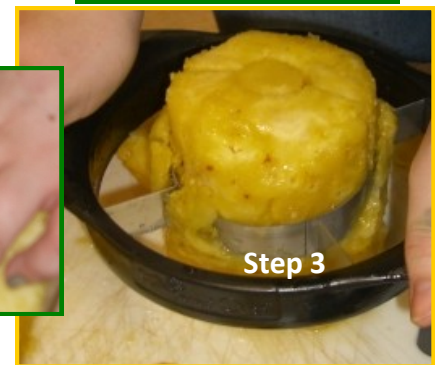
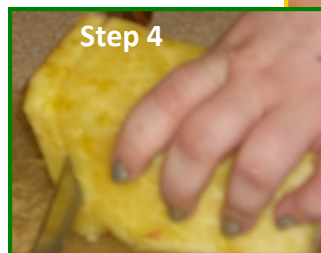
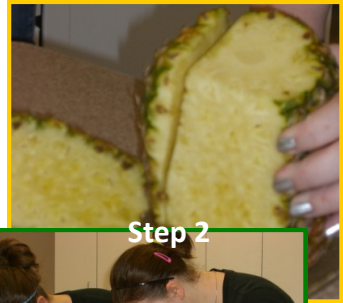
Pineapples by Shannon and Jenn

Facts. . . .

- Pineapples are named after a pinecone, because of its shape.
- Pineapples came from South America.
- Some of the nutrients are Vitamin C, fiber, and manganese.
- When choosing a pineapple, choose one that is fresh, not brown. It should not have any soft spots or bruises. Store in refrigerator for 2-4 days or freeze for 10-12 months.
- When you get a pineapple, cut off the leaves so you can set it upside down. The juices can spread throughout the pineapple.

How to cut a Pineapple. . .

1. Cut off the leaves.
2. Cut the sides and bottom. Remove all brown spots.
3. Use a pineapple slicer if you have one to remove the core.
4. Cut into horizontal sliced rings. May cut into smaller sizes.



Pummelo by Devin and Aaron

Facts. . . .

- The Pummelo is similar to the grapefruit, but bigger and sweeter.
- It is an excellent source of Vitamin C. Also, fat free, cholesterol free, and a good source of folate—a B-vitamin that helps produce and maintain new cells.
- For more information go to the following site to view a video about this fruit.
<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=298&SubCategoryID=112>



Raspberries by Shelby and Taylor

Facts . . .

- This small berry can be red, black, or slightly purple.
- 90% of the raspberries grown in the US are produced in the states of Washington, Oregon, and California.
- They are a good source of Vitamin C. Studies have shown that they help lower the risk of cancer.
- Do not wash until ready to eat. Discard any bruised or moldy ones before storing. You may keep in the refrigerator about 2-3 days, but frozen fruit can be kept up to 1 year.



Raspberry Smoothie

- 1/2 cup red raspberries
- 1/2 cup black raspberries
- 1 medium banana
- 1/2 cup yogurt
- 1 cup crushed ice

- Slice fruit into small pieces.
- Blend first 4 ingredients in blender until smooth. Add ice last. Blend well.

Yield 2-4 servings



Strawberries by Sarah and Phalon

Strawberries by Dakota and Gale

Facts . . .

- Strawberries have about 200 seeds each.
- It is an excellent source of Vitamin C. Also, fat free, cholesterol free, and a good source of folate.
- For more information go to the following site to view a video about this fruit.

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?>

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Chocolate Covered Strawberries

- 16 ounces milk chocolate chips
- 2 tablespoons shortening
- 1 pound fresh strawberries with leaves. (About 24)

1. Rinse strawberries. Insert toothpicks into the tops of the strawberries.
2. Melt chocolate and shortening in microwave or double boiler. Holding them by the toothpicks, dip the strawberries into the chocolate mixture.
3. Turn the strawberries upside down and insert the toothpick into Styrofoam for the chocolate to cool.

Yield: About 24 strawberries



Tomatoes by Patrick Kirby

Tomatoes by Ryan Werner

Facts . . .



- The tomato was thought to be poisonous until the 19th century.
- Choose bright, shiny skins and firm flesh.
- Store at room temperature away from direct sunlight.
- Low in fat, sodium, and calories. High in vitamin A, C, and potassium.

Resources:

For more information go to the following site to view a video about tomatoes.

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=18&SuperSubID=27>



Fresh Garden Salsa

2 medium tomatoes, diced

1/2 small onion, diced

2 garlic cloves, minced

1-2 tablespoons cilantro

Salt and pepper

- Wash and dice tomatoes, peel and cut onion, peel and mince garlic or use the already minced onion (1 tsp.)
- In a small bowl combine garlic, onion, and tomatoes with cilantro, salt, and pepper. Stir with a spoon and mash a little.
- Enjoy with chips or add to entrees for flavor/side dip!

Sweet Potatoes by Brianna



Facts . . .

- Nutrients include Vitamin A, Vitamin C, Potassium, Fiber, and Manganese.
- Sweet potatoes are from South America. Long ago sweet potatoes were more common than regular white potatoes.
- Store in a cool, dark place, but not in the refrigerator. This can produce a hard texture and unpleasant taste.
- Sweet potatoes are often referred to as yams, but they are two different vegetables.



View the following video to find out the difference between sweet potatoes and yams . . . <http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=3&SuperSubID=2>

Conclusion . . . Hope you found out a few new facts about various fruits and vegetables. Be sure to check the links listed for more information. But the biggest challenge is to continue to add fruits and vegetables to your diet. Remember most are fat and cholesterol free, low in calories, and high in nutrition and very tasty too!

Ms. Smaus and 8th Grade FCS (session 5)

Eat More Fruit and Vegetables for a Healthier You!

