



JANUARY 2012

- SAISD Food & Child Nutrition Services



RASPBERRY

Nutrition: Great source of Vitamin C and Fiber.

- FUN FACT: Raspberries come in many colors; red, black, purple and gold
- TASTE: Fragrant, sweet and may be slightly tart
- APPEARANCE: Brightly colored with Fuzzy , fragile skin



LET'S TAKE A LOOK AT THE RASPBERRY.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source:rawdiet.com](http://rawdiet.com)



PAPAYA

Nutrition: Excellent source of Vitamin A and C.

- FUN FACT: Christopher Columbus called papaya "fruit of the angels".
- TASTE: Sweet and musky with buttery texture
- APPEARANCE: Smooth skin and rich orange color flesh with either yellow or pink hues



LET'S TAKE A LOOK AT PAPAYA.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: www.veganbeautyreview.com](http://www.veganbeautyreview.com)



BLUEBERRIES

Nutrition: Good source of dietary fiber and Vitamin C

- **FUN FACT:** The state of Maine is the largest low bush blueberry producer in the world.
- **TASTE:** Pleasant sweet-tart flavor
- **APPEARANCE:** The skin is firm and plump with dusty blue color



Image source:
<http://whatscookingamerica.net/Fruit/BlueberryRecipes.htm>



LET'S TAKE A LOOK AT THE BLUEBERRIES.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: thoughtsoninternetmarketing.com](http://thoughtsoninternetmarketing.com)



JAPANESE CUCUMBER

Nutrition: Good source of Potassium and fiber

- **FUN FACT:** Japanese cucumbers do not have to be peeled or seeded
- **TASTE:** crunchy with a nutty flavor
- **APPEARANCE:** Firm, thin, long and dark-green color



[Image source: www.ajapanese.net](http://www.ajapanese.net)



LET'S TAKE A LOOK AT THE JAPANESE CUCUMBER..

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



PLUMCOT

Nutrition: Good source of Vitamins C

- FUN FACT: Plumcots thrive in climates where winter time temperatures are cool and the summer season is long, warm and dry
- TASTE: Sweet and tangy flavor
- APPEARANCE:, Its skin is smooth, thin and dark-purple colored with red flesh.



[Image source: www.fruitsinfo.com](http://www.fruitsinfo.com)



LET'S TAKE A LOOK AT THE PLUMCOT.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: www.melissas.com](http://www.melissas.com)



PURPLE CARROTS

Nutrition: Excellent source of Vitamin A

- **FUN FACT:** Purple carrots were grown wild 5,000 years ago in Afghanistan.
- **TASTE:** Crisp with slight sweet and spicy taste
- **APPEARANCE:** Purple carrots have long cylindrical shape with smooth purple skin.



[Image source: www.zmescience.com](http://www.zmescience.com)



LET'S TAKE A LOOK AT THE PURPLE CARROTS.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source:www.carrotjuice.com](http://www.carrotjuice.com)



DONUT PEACH

Nutrition: Rich in Potassium and moderate source of Vitamin C and A

- **FUN FACT:** Donut peaches are descendants of flat peach varieties that are native to China.
- **TASTE:** creamy, juicy-when-ripe flesh with a candy-like sweetness
- **APPEARANCE:** The skin has a velvety finish and is flushed with tones of ivory, rose and pink.



Image source: www.wisegeek.com



LET'S TAKE A LOOK AT THE DONUT PEACH.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: clemmysugarfreeinitiative.com](http://clemmysugarfreeinitiative.com)



ZUCCHINI

Nutrition: High in vitamin C, and a good source of manganese and potassium

- FUN FACT: The flower of zucchini plants is also edible
- TASTE: Moist and mild taste
- APPEARANCE: Zucchini ranges in color from dark green, or almost black, to different shades of green with smooth skin and white flesh.



[Image source: www.springhillcommunityfarm.com](http://www.springhillcommunityfarm.com)



LET'S TAKE A LOOK AT THE ZUCCHINI.....

- What does it taste like?
- Is it soft or crunchy?
- What do you like about it?
- How many of you have tried this before?



[Image source: www.finestchef.com](http://www.finestchef.com)

