



APRIL 2013

- SAISD Food & Child Nutrition Services



ASPARAGUS

Nutrition: Good source of folate and Vitamin K

- **FUN FACT:** Asparagus is a member of the lily family and is related to onions, leeks, and garlic.
- **TASTE:** slightly sweet and mellow taste with a crunch
- **APPEARANCE:** Straight spears with closed, compact tips and a bright green color



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

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



CORN

Nutrition: Good source of fiber.

- **FUN FACT:** Each corn plant bears about 2-6, long husked ears.
- **TASTE:** Sweet, moist and soft
- **APPEARANCE:** Corn ears are filled with rows of tooth like seeds surrounding a central woody core (cob).



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

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



HONEYDEW

Nutrition: Excellent source of Vit A

- **FUN FACT:** Honeydew is thought to be originated either from India or ancient Persia or Africa.
- **TASTE:** Musky sweet with soft consistency and juicy texture
- **APPEARANCE:** Round or oblong shape. Flesh color ranges from orange-yellow to salmon



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



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

- 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.mysupermarket.co.uk](http://www.mysupermarket.co.uk)



MANGO

Nutrition: Excellent source of vitamin A and good source of Vit C

- FUN FACT: Mangoes are eaten fresh around the world more than any other fruit.
- TASTE: Rich sweet flavor with mild tartness
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- APPEARANCE: Smooth yellow and rose skin with soft and juicy flesh and a single large kidney-shaped seed

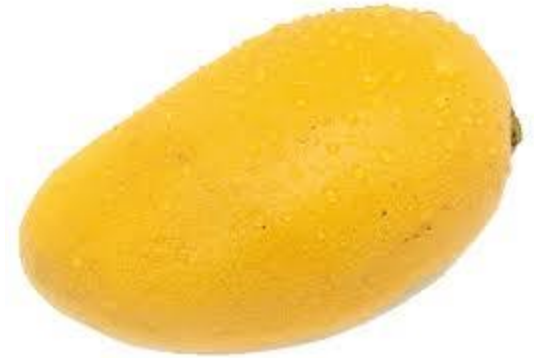


[Image source: www.vimithaa.blogspot.com](http://www.vimithaa.blogspot.com)



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

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



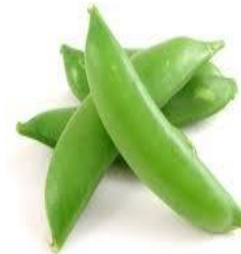
[Image source: koreanewsonline.blogspot.com](http://koreanewsonline.blogspot.com)



PEAS

Nutrition: Excellent source of folate and a good source of Vit C

- FUN FACT: A single pea pod is filled with single row of 2-10 light-green colored, smooth edible seeds.
- TASTE: Sweet sugary taste
- APPEARANCE: Seeds are green with soft light-green to yellow pods.



[Image source: downtownmiddletown.blogspot.com](http://downtownmiddletown.blogspot.com)



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

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



www.foodandwaterwatch.org



ORANGES

Nutrition: Excellent source of Vitamin C

- **FUN FACT:** Oranges picked higher up in the tree are usually sweeter than those picked closer to the ground
- **TASTE:** Juicy sweet and tart
- **APPEARANCE:** The rind is leathery with interior flesh composed of segments filled with juicy fluid.



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

- 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.valentemike.blogspot.com](http://www.valentemike.blogspot.com)



PINEAPPLE

Nutrition: Excellent source of Vitamin C

- **FUN FACT:** Caribbean Indians placed pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality.
- **TASTE:** Sweet and tart taste with rich flavor
- **APPEARANCE:** The outer rough, tough, scaly rind may be dark green, yellow, orange-yellow or reddish. The flesh may range from creamy white to yellow.



[Image source:www.fittho.in](http://www.fittho.in)



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

- 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.floridahillnursery.com](http://www.floridahillnursery.com)



BABY SPINACH

Nutrition: Excellent source of Vitamin K

- FUN FACT: Spinach can be grown year round but the best leaves are available right after winter.
- TASTE: Mellow crisp flavor
- APPEARANCE: Tender, Crispy, dark-green leaves



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



LET'S TAKE A LOOK AT THE BABY SPINACH.....

- 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.bigoven.com](http://www.bigoven.com)



RHUBARB

Nutrition: Excellent source of Vitamin C

- **FUN FACT:** Rhubarb is native to Siberia and known in Europe and North America as “pie plant.”
- **TASTE:** Sweet and tart taste with rich flavor
- **APPEARANCE:** Long rose red colored edible leafy stalks



[Image source: www.natural-health-and-home-business.com](http://www.natural-health-and-home-business.com)



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

- 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.urbanext.illinois.edu](http://www.urbanext.illinois.edu)

