

#### FEBRUARY 2013

SAISD Food & Child Nutrition Services

### PERSIMMONS

Nutrition: Excellent source of fiber, Vitamins A and C.

- o FUN FACT: Indiana holds an annual persimmons festival.
- TASTE: Fragrant, sweet and delicate flavor
- APPEARANCE: Smooth, brightly colored, plump, glossy, and well-rounded



www.worldcommunitycookbook.org/season/guide/persimmons.html



## LET'S TAKE A LOOK AT THE PERSIMMONS.....

•What does it taste like?

o Is it soft or crunchy?



Image source: www.nourition.com

·What do you like about it?

oHow many of you have tried this before?

#### BELLPEPPER

Nutrition: Excellent source of Vitamin A and C.

- FUN FACT: Bell peppers are actually fruits because they have seeds and grow on a flowering plant.
- TASTE: Slightly bitter and crunchy
- APPEARANCE: Smooth and bright green colored skin

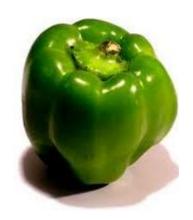


Image source: keithparnell.com

### LET'S TAKE A LOOK AT BELLPEPPER.....

- oWhat does it taste like?
- ols it soft or crunchy?
- oWhat do you like about it?



 How many of you have tried this before?

### EDEMAME

Nutrition: Very good source of vitamin K

- FUN FACT: Edemame is a Japanese word that literally means "twig beans".
- o TASTE: Pleasant, sweet and crunchy beans.
- APPEARANCE: The smooth and crunchy beans are wrapped in velvety pods.



Image source: www.nytimes.com

## LET'S TAKE A LOOK AT THE EDEMAME.....

•What does it taste like?

o Is it soft or crunchy?

·What do you like about it?

oHow many of you have tried this before?



Image source: www.tumbler.com

### APRICOTS

Nutrition: Very good source of Vitamin A and C

- FUN FACT: One apricot tree
  can produce fruit for more than
  years
- o TASTE: Musky, sweet and sometimes slightly tart flavor
- APPEARANCE: Thin velvety skin with soft and juicy flesh



Image source: anapricot.blogspot.com

## LET'S TAKE A LOOK AT THE APRICOT...

•What does it taste like?

o Is it soft or crunchy?

·What do you like about it?



• How many of you have tried this before?

#### BROCCOLI

Nutrition: Very good source of vitamins A and C

 FUN FACT: Broccoli is a part of cabbage family and comes in different shades of green

o TASTE: Mild and nutty flavor

• APPEARANCE: Rough cluster of florets.



Image source: http://blog.petaasiapacific.com

## LET'S TAKE A LOOK AT THE BROCCOLI.....

•What does it taste like?

o Is it soft or crunchy?



Image source: blog.timesunion.com

·What do you like about it?

• How many of you have tried this before?

### RED BANANAS

Nutrition: Very good source of Vitamin B6

- FUN FACT: The red bananas grow in bunches with up to 100 fruits.
- o TASTE: Creamy and sweet
- APPEARANCE: Shorter than yellow bananas. Red bananas have smooth and thick peel. The flesh has pink salmon hues.



Image source: tomstock.photoshelter.com



## LET'S TAKE A LOOK AT THE RED BANANAS.....

- •What does it taste like?
- o Is it soft or crunchy?
- ·What do you like about it?



<u>Image source::runescape.salmoneus.net</u>

How many of you have tried this before?

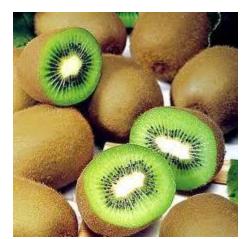
### KIWI FRUIT

Nutrition: A very good source of Vitamin C and K

 FUN FACT: Kiwi fruit originated from China and its other name is "Chinese Gooseberry"

• TASTE: Sweet and tart

 APPEARANCE: Kiwi fruit is about the size of an egg. The skin has a leathery finish with small hair like fibers.







## LET'S TAKE A LOOK AT THE KIWI FRUIT.....

- ·What does it taste like?
- o Is it soft or crunchy?
- ·What do you like about it?

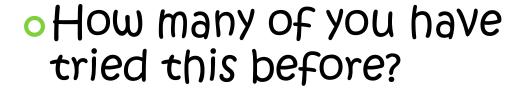




Image source: www.wisegeek.com

### CARROTS

Nutrition: High in Vitamin A, and a very good source of fiber

 FUN FACT: The longest carrot ever recorded was 5.4 meters long! That is 6 feet and 10 1/2 inches!







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

- ·What does it taste like?
- o Is it soft or crunchy?
- ·What do you like about it?





Image source: www.worldcommunitycookbook.org

