



**FEBRUARY 2013**

- SAISD Food & Child Nutrition Services



# PERSIMMONS

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

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



Image source:

[www.worldcommunitycookbook.org/season/guide/persimmons.html](http://www.worldcommunitycookbook.org/season/guide/persimmons.html)



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

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



# 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](http://keithparnell.com)



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

- 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: theshiksa.com](http://theshiksa.com)



# EDEMAME

Nutrition: Very good source of vitamin K

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



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



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

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



# APRICOTS

Nutrition: Very good source of vitamin A and C

- **FUN FACT:** One apricot tree can produce fruit for more than 25 years
- **TASTE:** Musky, sweet and sometimes slightly tart flavor
- **APPEARANCE:** Thin velvety skin with soft and juicy flesh



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





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

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



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



[Image source: blog.timesunion.com](http://blog.timesunion.com)



# RED BANANAS

Nutrition: Very good source of vitamin B6

- **FUN FACT:** The red bananas grow in bunches with up to 100 fruits.
- **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](https://tomstock.photoshelter.com)



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

- 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:runescape.salmoneus.net](http://runescape.salmoneus.net)



# 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.



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



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

- 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.wisegeek.com](http://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!
- **TASTE:** Sweet and crispy
- **APPEARANCE:** Long cylindrical shape with smooth and thin skin.



[Image source: www.the-wandering-yogi.com](http://www.the-wandering-yogi.com)





# LET'S TAKE A LOOK AT THE 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.worldcommunitycookbook.org](http://www.worldcommunitycookbook.org)

