



MARCH 2013

- SAISD Food & Child Nutrition Services



AVOCADO

Nutrition: Good source of fiber , Vit C, and folate

- **FUN FACT:** The very first Hass avocado tree was planted from seed in the early 1920's.
- **TASTE:** Creamy, smooth flavor with a nutty and sweet taste
- **APPEARANCE:** It has leathery fairly thick skin that turns near black when fully mature.



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



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

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



WATERMELON

Nutrition: Excellent source of Vit A and good source of Vitamin C and potassium.

- **FUN FACT:** Watermelons are great for thirst-quenching as they have excellent amount of liquid.
- **TASTE:** Sweet and juicy
- **APPEARANCE:** Smooth and tough green skin with mushy pink flesh



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



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

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

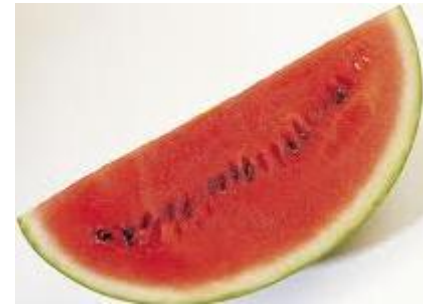


Image source: <http://health.learninginfo.org/nutrition-facts/watermelon.htm>



LETTUCE

Nutrition: Good source of Vit A and C

- **FUN FACT:** Americans eat about 30 pounds of lettuce every year: five times more than what we ate in the early 1900s.
- **TASTE:** Crunchy and slightly sweet
- **APPEARANCE:** Layers of crisp green leaves.



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



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

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



CAULIFLOWER

Nutrition: Excellent source of vitamin C

- **FUN FACT:** Most of the cauliflower produced in the United States comes from California, but China is the largest worldwide producer of cauliflower.
- **TASTE:** Mild flavor with crunchy texture
- **APPEARANCE:** White or creamy white in color, firm, and heavy



[Image source: food.sulekha.com](http://food.sulekha.com)



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

- 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: indianapublicmedia.org](http://indianapublicmedia.org)



PEAR

Nutrition: Very good source of Vitamin C and fiber

- FUN FACT:
- Pears are a member of the rose family.
- TASTE: Sweet sugary taste
- APPEARANCE: Smooth skin with soft and mushy flesh when ripe



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



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

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



CABBAGE

Nutrition: Excellent source of Vitamin C

- **FUN FACT:** Cabbage has several varieties including green, purple, red, and savoy (loose-wrinkled leaves).
- **TASTE:** Mellow taste with crunchy texture
- **APPEARANCE:** Clusters of stiff leaves overlapping each other in compact layers, giving it a round shape



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



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

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

