

Giffnock Primary School Exotic Fruit Tasting



Fruit description... Paw Paw, (Papaya) similar in aromatic taste and texture to a mango.

Country of Origin... This fruit is native to Mexico and extends to South America and has become naturalized throughout the Caribbean Islands, Florida and several countries of Africa. Additional crops are grown in India, Australia, Malaysia, Indonesia, the Philippines, Thailand and the U.S. state of Hawaii.

Edible Skin.... The skin is not edible and seeds should also be removed.

How to peel... Cut the fruit into quarters and remove the seeds with a spoon, then remove the skin from the quarters similar to how you remove the skin from a wedge of melon.

Nutritional Benefits... 100g of Papaya provides 75% of your daily requirement of Vitamin C



Fruit description... Dragon Fruit (Pitahaya) is an extremely exotic looking fruit from the leafy skin to the mottled fruit interior. Unfortunately the flesh does not have a flavour to match the exterior and is relatively bland.

Country of Origin... These fruits are commonly known in English as "dragon fruit". The names *pitahaya* and *pitaya* derives from Mexico, and *pitaya roja* in Central America and northern South America, possibly relating to pitahaya for names of tall cacti species with flowering fruit. They are also cultivated in the Canary Islands.

Edible Skin.... No, the skin is not edible.

How to peel... The flesh can be removed from the half shell (see pic) with a spoon or the fruit can be quartered as per the Paw Paw above and the flesh eaten as is.

Nutritional Benefits... The fruit's texture is sometimes likened to that of the kiwifruit because of its black, crunchy seeds. The flesh is mildly sweet and low in calories. The seeds have a nutty taste and are rich in lipids but no other real nutritional benefits.



Fruit description... The Baby Pineapple, miniature version of the Pineapple. The word "pineapple" in English was first recorded to describe fruits of conifer trees (now termed pine cones). When European explorers discovered this tropical fruit in the Americas, they called them "pineapples" (first referenced in 1664, for resemblance to the pine cone).

Country of Origin... Pineapples are grown in Thailand, Brazil, the Philippines, Costa Rica and Indonesia

Edible Skin.... The skin is not edible.

How to peel... Remove the top green leaves and trim the base, then peel on a chopping board with a sharp knife, peeling from top to bottom until all skin is removed.

Nutritional Benefits... Pineapple is high in Vitamin C and Manganese but no other real nutritional value except high natural sugar content



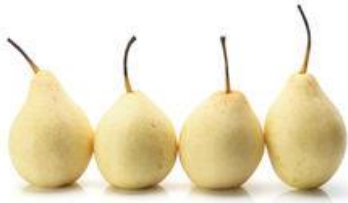
Fruit description... Pomegranate or rather their juice and seeds are used in baking, cooking, juice blends, meal garnishes, smoothies, and alcoholic beverages, such as cocktails and wine.

Country of Origin... Pomegranates are widely cultivated throughout the Middle East and Caucasus region, north and tropical Africa, the Indian subcontinent, Central Asia, the drier parts of southeast Asia, and parts of the Mediterranean Basin

Edible Skin.... The skin is not edible.

How to peel... The seeds should be removed with a spoon and can be added to salads etc as well as being eaten on their own.

Nutritional Benefits... They are high in Vitamin C, Vitamin K, Fibre and Foliates.



Fruit description... Ya Pear or Chinese White Pear, These very juicy, white to light yellow pears, unlike the round Nashi pears that are also grown in eastern Asia, are shaped more like the European pear

Country of Origin... Northern China and parts of Eastern Asia.

Edible Skin.... Yes, but wash the fruit first.

How to peel... No need to peel, just eat as you would a European William or Conference Pear.

Nutritional Benefits... They are high in Vitamin C, Vitamin K, Fibre, Choline and Folates.