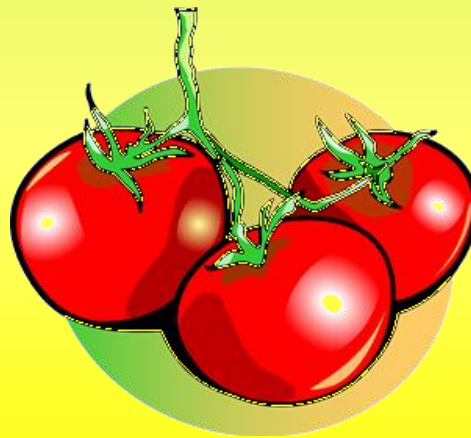


Products from the rainforest



Did you know?

Around 80% of the food we eat originally came from rainforests. Some of the more popular examples include coffee, chocolate, rice, tomatoes, potatoes, bananas, black pepper, ginger and corn. That's reason enough to save the rainforest!



Amazing facts

There are around 3000 fruits found in rainforests, and in the west we make use of around 200 of them. However, indigenous tribes make use of over 2000!



Chocolate grows on trees!!!



<https://www.youtube.com/watch?v=fiMjr3Rwdjs>

Which of these fruits come from the amazon?



Pineapple

Pineapples originated in the South America but it was spread round the world because sailors kept them on ships as they were a good source of vitamin C.

One pineapple plant only produces one pineapple every two years.

Pineapple is not, strictly speaking, a fruit. Rather it is 100-200 fruitlets all fused together!



Mango

Mango is the national fruit of India but Brazil is the 7th biggest mango grower in the world.

Mangos grow on trees which can live up to 300 years.

The flowers of a mango tree are small and white with five petals, and the fruit takes between three and six months to ripen.



Avocado

Avocados are one of the only fruits that contain heart-healthy monounsaturated fat (the good-for-you fat).

Avocados are ripe when they feel heavy for their size, yield to light pressure and are dark in colour. If you buy one that is not ripe, put in a brown paper bag for 2-4 days, or you can speed up this process by putting a banana or apple in the bag.



Passion fruit

Delicious, passion fruit is rich source of minerals, vitamins and fibre, all important for a healthy life. When ripe the skin is old-looking, but does not mean the fruit is rotten. Even if there is mould on the outside the inside can still be eaten.



Papaya

Papaya trees produce white flowers with five petals. Fruit has yellow-green skin on the surface and orange-pinkish flesh underneath it. Large number of black seeds is located in the middle of the fruit. They have a sharp taste and are used instead of pepper in some countries. The leaves of papaya are used in treatment of malaria. Fruit is used for stomach problems.



Guavas

Guavas are tropical trees originating in Central America.

Their fruits are oval in shape with light green or yellow skin and contain edible seeds. What's more, guava leaves are used as an herbal tea and the leaf extract as a supplement.

Guava fruits are amazingly rich in antioxidants, vitamin C, potassium, and fiber. This remarkable nutrient content gives them many health benefits.



Your task

- Create a booklet or poster explaining about the benefits of eating fruit from the rainforest.
- If possible get some for you to draw, prepare and taste.
- Once you have finished your booklet or poster make a tropical fruit salad to share with your family.

