

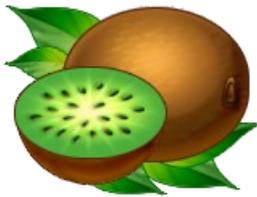
Activity Sheet #3

FOODS FROM AROUND THE WORLD



MANGO

Mangoes are a fruit originating in Burma, Bangladesh, and India. Mangoes are grown in tropical climates throughout the world. The mango has been named "the king of fruits". It is high in Vitamin C, which promotes a healthy immune system and Vitamin A which is important for vision and bone growth.

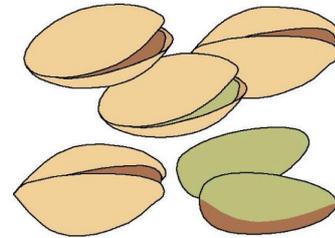


KIWIFRUIT

The Kiwifruit is also known as the Chinese Gooseberry and originates in China. It was introduced to New Zealand, and was renamed after the Kiwi, which is New Zealand's national bird. The Kiwifruit is high in Vitamin C and dietary fibre. The kiwifruit has been said to improve sleep.

PISTACHIO

The pistachio is native to Central Asia and the Middle East, and is also known as the green almond. The shells are often recycled and used as fire starters, gardening and art and craft projects. Pistachios are rich in Vitamin B which is essential for body functions such as energy production.



TOMATO

Tomatoes were first used as a food in Central America, and are now widely used throughout the world. It is used in many foods such as sauces, savoury dishes and drinks. The tomato is actually a fruit. Tomatoes are high in the Vitamins C and A.

YOGHURT

Yoghurt was originally produced as a way to preserve milk in Asia. It is known to have many benefits, containing protein which help to keep the body's tissues and muscles healthy. It also helps in aiding digestion and fighting harmful bacteria. Yoghurt is high in Calcium which is good for healthy, strong bones and teeth.



SWEET POTATO



Sweet potatoes originated in South and Central America. Depending upon the variety, of which there are about 400, the skin and flesh of the sweet potato may be almost white, cream, yellow, orange, pink, or deep purple, although white-cream and yellow-orange flesh are most common. Sweet potatoes are high in many vitamins, the highest being Vitamin A and C.

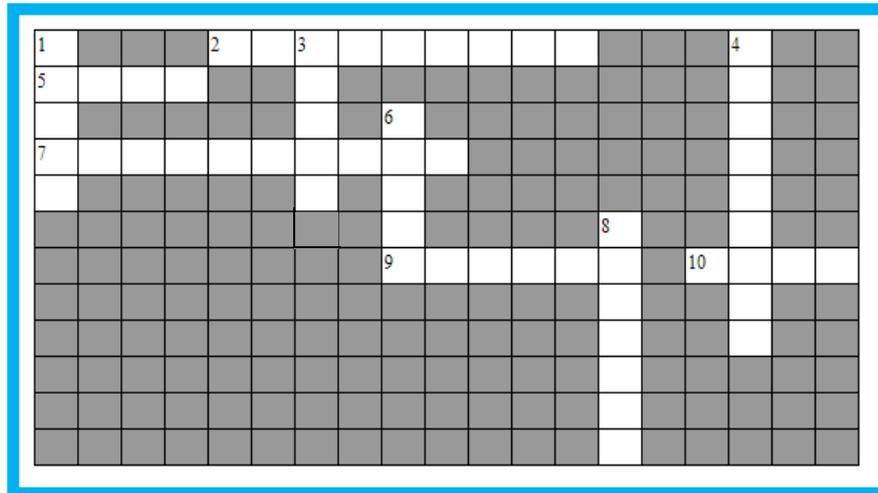


FOODS FROM AROUND

THE WORLD



Crossword Puzzle



ACROSS

2. Also known as the green almond
5. Which continent originally produced yoghurt as a way to preserve milk
7. The kiwi is also known as the Chinese _____
9. This food is used for sauces, savoury dishes and drinks
10. This is said to improve sleep

DOWN

1. This fruit is grown in a tropical climate
3. There are about 400 varieties of this food _____ potato
4. Pistachio shells are often recycled and used in _____
6. Tomatoes are not a vegetable but a _____
8. This food helps to keep the muscles and the tissues of the body healthy

