

Taste Test: Pineapple



Pineapples are a sweet tropical fruit that have a hard, yellow-brown skin with rough spines called “eyes” on the outside that resemble a pinecone, and a juicy, yellow edible fruit interior. The flavor of a pineapple is very sweet and somewhat tart. Pineapples were first discovered on a Caribbean island called Guadalupe and now commonly grow in warm places like Hawaii, Thailand, the Philippines, China, Brazil and Mexico.

Food Fact

Pineapple is very high in vitamin C and source of folate.

How to Choose:

- Look for a pineapple that is heavy for its size
- The stem should smell sweet and fragrant
- The exterior should be free from dark patches and bruises

How to Prepare:

- First, cut the crown and the base of the fruit off with a knife.
- To peel the pineapple, place the base side down and begin cutting along the sides of the fruit, cutting off all the eyes and exterior skin.
- Once the skin is removed, simply cut the pineapple into the desired shape such as rings or cubes.

How to Store:

- Cut up pineapple can be stored in the fridge, covered, for up to 6 days.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try pineapple again?

YES NO

Ideas for Serving Pineapple:

- Add pineapple to fruit salads, especially those containing other tropical fruits like papaya, mango, kiwi, and banana.
- Add pineapple on ham pizza for a tropical flare.
- Cut up pineapple, drizzle with maple syrup, and broil in the oven until brown. Serve with yogurt for a quick, healthy dessert.
- Rings of pineapple can be barbecued and served warm with sprinkled cinnamon and a scoop of frozen yogurt.

Tropical Pineapple Smoothie

Makes 2 servings

Ingredients:

- ½ cup water
- 1 cup fresh or frozen pineapple chunks
- ¼ cup coconut shreds or flakes
- 1 tsp lime juice
- 3-5 ice cubes

Add-ins:

- ½ cup fresh or frozen mango chunks
- 1 kiwi, peeled
- 1 Tbsp chia seeds

Directions:

1. Place the ingredients into your blender and blend for around 45 seconds or until your desired consistency is reached.



Recipe adapted from <https://www.healthysmoothiehq.com/tropical-pineapple-smoothie-recipe>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed August 15, 2012.