

# Pineapple

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2<sup>nd</sup> grade students learn about a variety of snacks and healthy living.

To learn more about pineapple, watch Eating Healthy with Michelle – Lesson 17. The video can be found at [https://www.youtube.com/watch?v=BXVUv4P\\_cgg&feature=youtu.be](https://www.youtube.com/watch?v=BXVUv4P_cgg&feature=youtu.be).

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

## Facts

- The name pineapple comes from the similarity of the fruit to a pine cone.
- Pineapple originated from Brazil and Paraguay in South America.
- It takes 18-20 months to grow the first fruit and another 15 months to grow the next crop.
- In the United States pineapple is grown year round in Hawaii, southern California, and southern Florida.
- Pineapple is a great source of:
  - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
  - Fiber – helps our digestive system



## Try it at Home

- Pineapple can be eaten raw or cooked.
- Add pineapple to a fruit salad, salsa, stir-fries, pizza, smoothies, or desserts.
- Can also be grilled or broiled with meat.

## Magical Fruit Salad

- 1 can (20 ounces) pineapple chunks in 100% juice
- 2 cups seedless grapes
- 2 bananas
- 1 3/4 cups low fat or nonfat milk
- 1 package (3.4 ounces) instant lemon or vanilla pudding mix



## Directions:

1. Drain juice from pineapple and discard or save for another recipe.
2. Rinse grapes and remove stems.
3. Peel bananas and cut into bite size pieces.
4. Pour milk into a bowl. Sprinkle in the pudding mix while stirring.
5. Add all the fruit to the pudding.
6. Let mixture stand for 5 minutes and serve.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/magical-fruit-salad/>

## How to Pick 'Em

- Choose pineapples that are:
  - Plump
  - Heavy for their size
  - Fresh looking with a fresh green crown top
  - A ripe pineapple is usually mostly yellow, especially at the base
- Avoid pineapple with soft or dark spots with dry looking leaves.



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