

FUN FACTS ABOUT PINEAPPLE

BACKGROUND INFORMATION ON PINEAPPLE

Pineapple is one of the world's favorite tropical fruits. First called "anana", a Carribean word for "excellent fruit", the name "pineapple" came from European explorers who thought the fruit looked like a pinecone with flesh like an apple.

Christopher Columbus was the first person to introduce pineapples to Europe. In 1493 he was exploring the Carribean islands and found pineapples growing on the island of Guadalupe. He brought some of these pineapples back for Queen Isabella of Spain who loved the sweet tropical fruit. So did other Europeans. In fact, Europeans loved the taste of pineapple so much they tried to grow them in Europe, but the tropical plants did not fare well in Europe's cool climate.

THE HISTORY OF CANNED PINEAPPLE

Canned pineapple was first made in the 1901 but wasn't widely available until engineer Henry Ginaca invented a machine in 1911 that could remove the outer shell, inner core and both ends of 100 pineapples in less than a minute! If you've ever tried to peel a pineapple, you'll know how amazing this is. This machine, known as the "Ginaca machine" is still used in pineapple canneries today.

TYPES OF PINEAPPLE

Four types of pineapples are sold in the United States. The most popular is the Smooth Cayenne, a Hawaiian variety that weighs 3 to 5 pounds with pale yellow to yellow flesh. The Red Spanish is nearly square and has a tough shell that makes it well suited for shipping. Its flesh is pale yellow and it is more fragrant than Cayenne. The Sugar Loaf is the largest variety of pineapple. Each fruit may weigh up to 10 pounds. It has white flesh and no woody core. The newest variety is the Golden Supreme, whose lower acid content makes it much sweeter than other varieties. The Golden Supreme pineapples are named for their rich golden yellow flesh.

HOW DO PINEAPPLES GROW?

Most fruits develop in 3 to 4 months, but pineapples take about 18 months to grow! Pineapples are grown from the crowns or tops of other pineapples. Each crown is planted by hand. When the plants are one year old the flowering process begins. The flower bud is small and pink, and looks like a pinecone. As the bud grows it will become the fruit we know as a pineapple.

Pineapples are harvested when they are ripe. Every pineapple that is harvested is ready to eat. To ensure they are picked at their peak of maturity for ripeness and flavor, the sugar content of pineapple is tested in the field.

WHERE DO PINEAPPLES GROW?

Pineapples like lots of sun and grow well in tropical regions around the world. In addition to Hawaii, pineapple for the fresh market is grown in Costa Rica, Honduras, Mexico, Dominican Republic, El Salvador, Ecuador and Nicaragua.

GREAT WAYS TO EAT PINEAPPLE

Pineapple is one of the world's favorite tropical fruits, and once you try this sweet, delicious fruit, you'll know why. There are three ways you can enjoy this fantastic fruit. You can eat fresh pineapple, canned pineapple or drink pineapple juice.

Fresh pineapple is a fun treat you can buy two ways. You can get fresh whole pineapples or fresh pineapple that is already cut and ready to eat. Pre-cut pineapple is so convenient. Just open the package and start munching.

Because pineapples are picked when they are ripe, you always can count on fresh pineapple being sweet and juicy. Try fresh pineapple alone or mix it into a fresh fruit salad. Just 2 slices or $\frac{1}{2}$ cup of fresh pineapple counts as one serving of your 5 A Day.

Canned pineapple is another easy way to eat pineapple. Canned pineapple comes in so many fun shapes and sizes. You can buy pineapple slices or rings, pineapple chunks or tidbits, and crushed pineapple. You can even get canned pineapple cut in fun animal shapes. No matter what type of canned pineapple you try, be sure to look for pineapple that is *canned in its own juices*, not in heavy syrup. Try canned pineapple by itself for a snack or dessert, add it to smoothies, use it as a topping on yogurt or cottage cheese, put it on sandwiches, and even put it on pizza! Just $\frac{1}{2}$ cup counts as one serving of your 5 A Day.

Pineapple juice is another yummy way to enjoy the unique taste of pineapple. The juice is both sweet and refreshing, and tastes great on its own or mixed with other 100% juices. Plus, it's fortified with vitamin C. Six ounces ($\frac{3}{4}$ cup) of pineapple juice counts as one serving of your 5 A Day. During hot summer months, try freezing pineapple juice in an ice cube tray and then use these sweet "ice cubes" to chill pineapple juice, orange juice, apple juice or other 100% juices. Pineapple juice also makes a great tenderizer for meats. Try adding pineapple juice to teriyaki sauce for a sweet delicious marinade for beef or chicken.

NUTRIENTS IN PINEAPPLE

Fresh pineapple is packed with vitamin C, an important nutrient that helps keep you strong and healthy. During the canning process, canned pineapple and pineapple juice lose most of its vitamin C. Most pineapple juice contains added vitamin C.

Nutrition Facts for Fresh Pineapple	
Serving Size <u> </u> cup diced, raw (78 g)	
Amount Per Serving	
Calories 38	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0 mg	0%
Potassium 89mg	3%
Total	3%
Carbohydrate 10g	
Dietary Fiber 1g	4%
Protein 0 g	
Vitamin A <1%	Vitamin C 20%
Calcium <1%	Iron 0%
Folate 1%	

* Percent Daily Values are based on a 2,000 calories diet.
Your daily values may be higher or lower depending on your calorie needs.

FUN ACTIVITY: Grow your own pineapple plant at home.

You grow a pineapple in your home by planting the crown (leafy top) of a fresh pineapple, but you have to be patient. It takes about two years to grow a ripe, delicious pineapple.

To grow your own pineapple, you'll need the following items:

- (1) a fresh pineapple with undamaged leaves on its crown
- (2) an 8-inch terra cotta clay pot
- (3) coarse gravel or small stones
- (4) potting soil

Directions:

1. First, twist and remove the leafy crown from the fruit.
2. Place the crown in a dry, dark place for a full week to allow the bottom end to harden.
3. Layer an 8-inch porous clay pot with an inch of coarse gravel or small stones, then fill with a good, light potting soil. Be sure the pot has good drainage. About a year

later, when your plant is larger, you'll need to transplant to a 12-inch pot, again using gravel or small stones and ensuring good drainage.

4. Water the soil once a week and fertilize with a household plant food fertilizer about every 3 months. If you live in a year-round warm climate, the potted plant should do well outdoors. But if your climate turns cold, keep the plant indoors in a sunny location during frost or freezing temperatures. (Note that this tropical plant can suffer from "sun shock" if it is moved directly from indoors to the sun. If you are going to move it outside, let it adjust to the change by sitting in a semi-shaded spot for a few days first.)
5. When the plant is about 18 months old it will sprout a bright red cone. If this hasn't happened by 20 months, "coax" the cone out by putting the entire pot in a large plastic garbage bag. Place a ripe apple in the bag and tie it closed, move to a shady spot and leave for 3 days. Remove the bag and return the plant to its usual sunny location. The bright red cone should appear after about 2 months. The next stage brings row upon row of beautiful, bright blue flowers, which open over 2 weeks. When the petals of the last flower have dried, the fruit begins to develop. When your fruit is 6 months old, it becomes sweeter, turning from green to rich gold on the inside and outside. Then it's time to pluck and enjoy it!

Pineapple Math

Add the numbers.

$$\begin{array}{r} 25 \\ + 43 \\ \hline \end{array}$$

$$\begin{array}{r} 71 \\ + 26 \\ \hline \end{array}$$

$$\begin{array}{r} 54 \\ + 32 \\ \hline \end{array}$$

$$\begin{array}{r} 30 \\ + 18 \\ \hline \end{array}$$

$$\begin{array}{r} 51 \\ + 46 \\ \hline \end{array}$$

$$\begin{array}{r} 47 \\ + 22 \\ \hline \end{array}$$

$$\begin{array}{r} 68 \\ + 10 \\ \hline \end{array}$$

$$\begin{array}{r} 32 \\ + 54 \\ \hline \end{array}$$

$$\begin{array}{r} 70 \\ + 17 \\ \hline \end{array}$$

$$\begin{array}{r} 83 \\ + 16 \\ \hline \end{array}$$

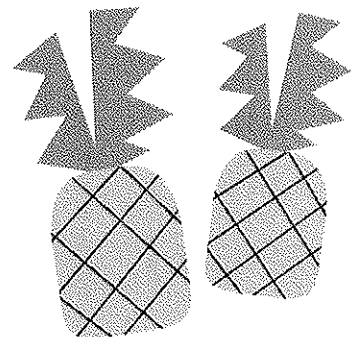
$$\begin{array}{r} 25 \\ + 44 \\ \hline \end{array}$$

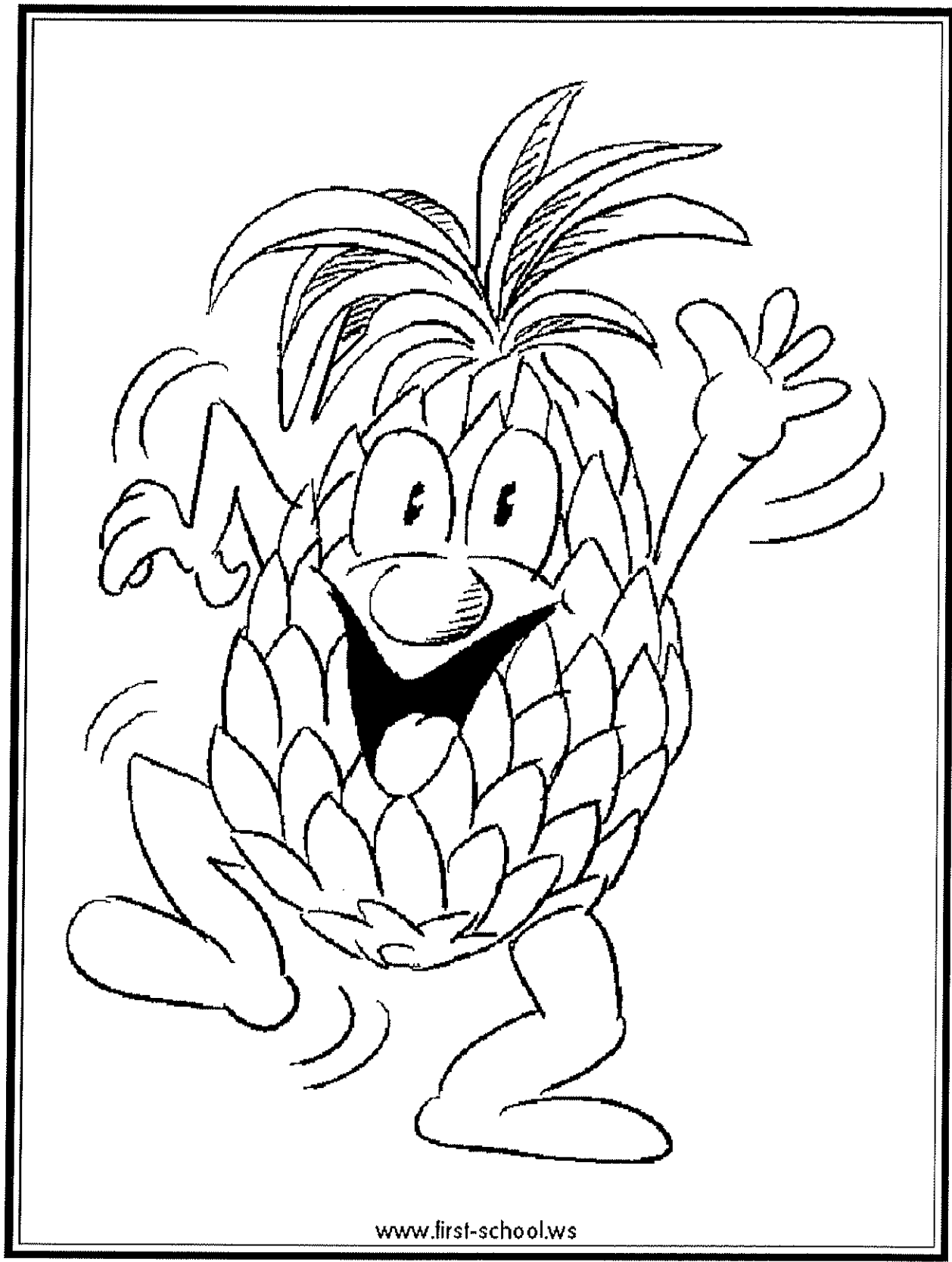
$$\begin{array}{r} 69 \\ + 20 \\ \hline \end{array}$$

$$\begin{array}{r} 48 \\ + 31 \\ \hline \end{array}$$

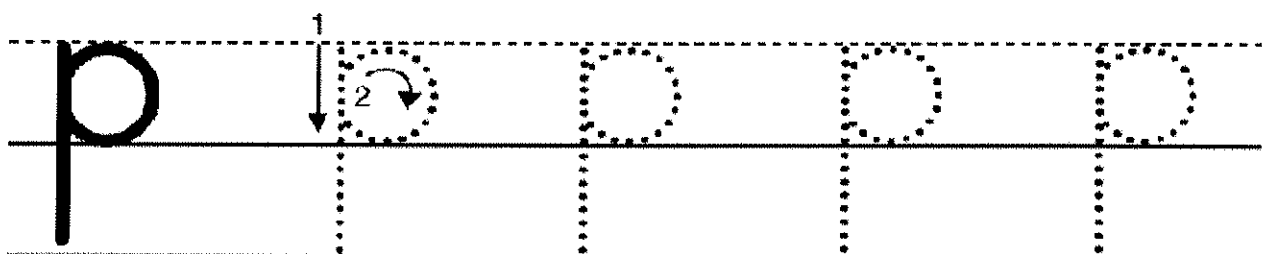
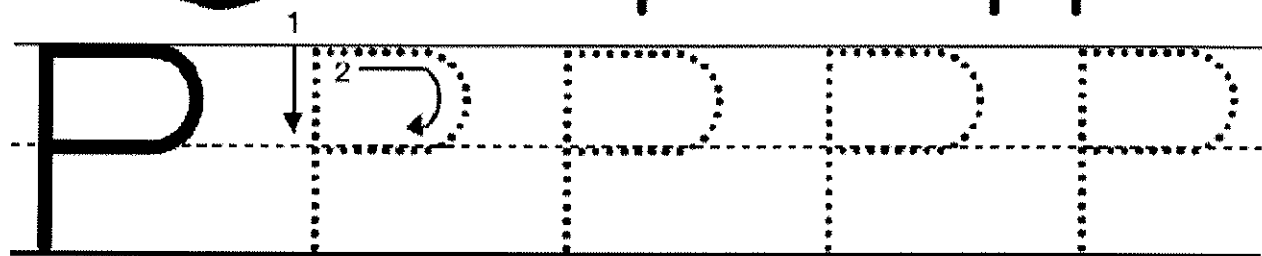
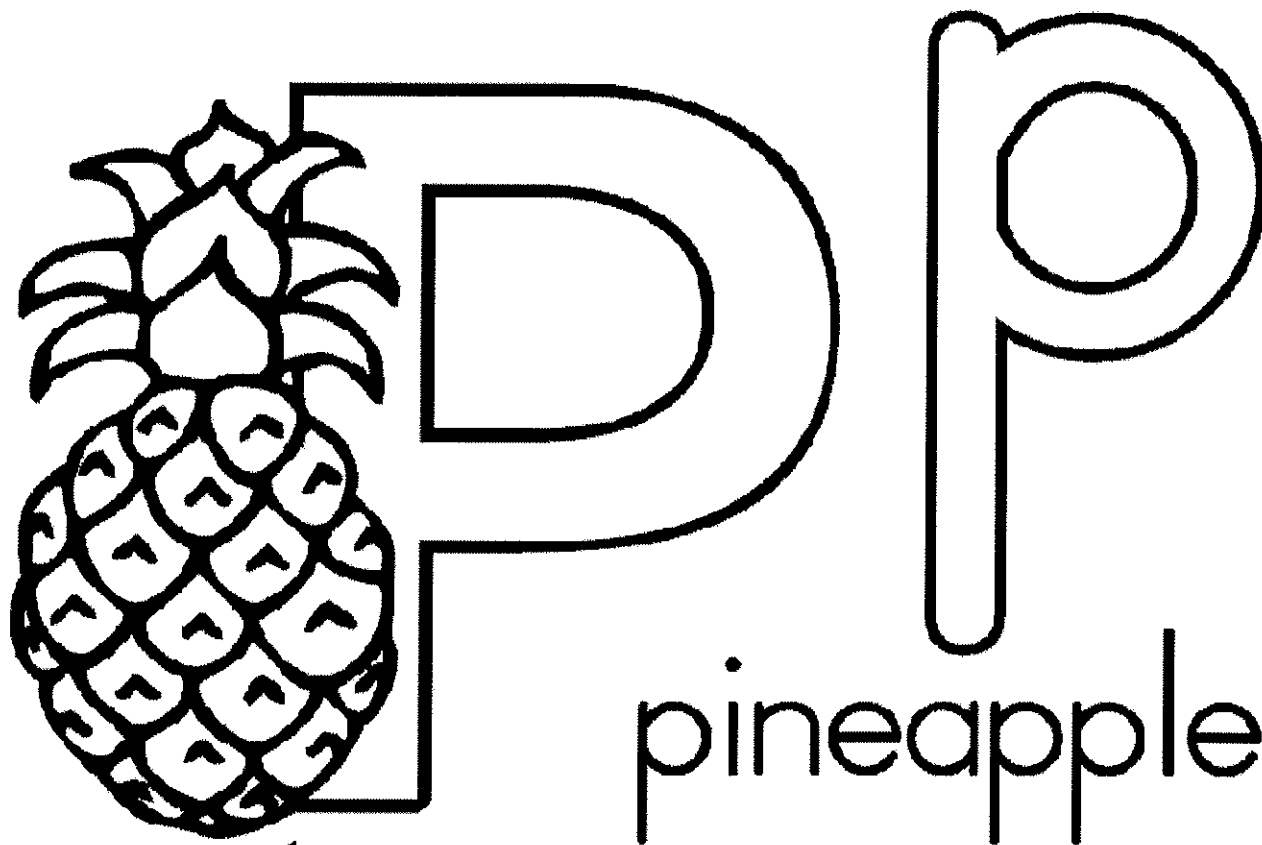
$$\begin{array}{r} 36 \\ + 52 \\ \hline \end{array}$$

$$\begin{array}{r} 57 \\ + 21 \\ \hline \end{array}$$





Name _____ Date _____



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