

The Professor Interviews



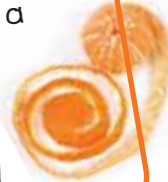
Pedal!

The Grub Gang's fitness queen, Pedal, tells Professor Foodsmart about the foods she most likes to eat to reach her 5 A DAY target, helping her to stay strong and healthy.



1 Satsumas

Satsumas, clementines and mandarins are all different names for types of tangerine! Satsumas were first grown in Japan. They grow on trees and they grow best in warm weather. They usually have a loose skin, which is easy to peel and makes them perfect to pop into a packed lunch. See if you can take the peel off in one piece!



2 Beetroot

Beetroot is the deep ruby-red root of the **beet** plant - which explains its name! People have grown it for food since Roman times. Raw beetroot is great for grating! Try it in a salad or sandwich. Small beetroots are usually the sweetest.



Phew! I'm as red as a beetroot!

3

Brussels sprouts

Brussels sprouts are like mini cabbages! They grow out of the ground in knobbly rows on a long tough stalk. Like cabbages, not all sprouts are green - they can be purple too. They are tasty steamed or in a stir-fry.



5 Mushrooms

Although mushrooms are not fruits or vegetables (they are actually a type of fungus), they still count as one of your 5 A DAY. They are tasty on toast with scrambled egg and a grilled tomato. The underside of a mushroom head contains lots of soft gills, which develop spores - if you leave a large flat mushroom head on a piece of paper overnight, the spores will drop on to the paper and make a pattern. Try it!



WARNING:

Picking wild mushrooms is not safe! Only an expert can tell which ones are poisonous - these ones aren't but ones that look similar could be!

4 Apples

Granny Smith, Royal Gala, Golden Delicious and Pink Lady are just a few of the THOUSANDS of different varieties of apple that are grown! Apples float easily because up to a quarter of an apple is air. Have you ever played apple bobbing? Put some apples in a bowl of water then try to take one out by its stalk using your teeth. Wash in fresh water then eat it! You can make dried apple rings at home - ask an adult to help you take out the apple core, thinly slice the apple and bake the rings on a wire rack in the oven at a low heat for a few hours.

