

The Professor Interviews



Searcher!

Searcher tells Professor Foodsmart about his favourite way to 5 A DAY.



1

Apricots

Apricots can be eaten fresh or dried – both are packed with vitamins! Fresh apricots have a soft and slightly furry skin. Some apricots are semi-dried but the ones that have been fully dried in the sun are darker in colour. They make a good lunchbox snack!

Before...



After!



2

Cherries

Cherries are stone fruits – just like their friends the apricots. A cherry tree can carry on producing fruit for 100 years! Cherries grow from stalks in pairs. Ahh! Sweet ones like the Bing cherry are nicest on their own or in a fruit salad. Sour ones like Morello cherries are tastier cooked.



3

Watercress

Watercress is grown in water! It will last longer in the fridge if it is kept in a bowl or jar of water. It's tastiest in the three "S"s – salads, sandwiches and soups. Try saying that quickly!



4

Aubergines

Most aubergines are teardrop-shaped and have a glossy purple skin – but some are small, plump and creamy-coloured. On the inside, all aubergines are spongy and creamy white. They grow on bushes and are really fruits – although you wouldn't want to eat them raw. The aubergine has lots of different names – in India it is called brinjal and in Trinidad & Tobago it is called melongene.



Australians and Americans call aubergine **eggplant** because some types look a bit like large eggs!

5

Peppers

Peppers can be red, yellow, green or orange – some are even white or purple! If you don't like the way one colour tastes, you might like another. The green ones are less sweet – **red** peppers are actually ripened **green** peppers.

