

SEARCHER

Interviews...

The Professor!

It's Professor Foodsmart's turn to talk about his favourite 5 A DAY.



So Professor, how do you like to get your 5 A DAY?

This is so difficult as I love them all! Let me see...

1

Black-eye beans

In America, these beans are often called black-eyed peas or cow peas. They each have a little black dot on the side - this is where they were once attached to their pod, so it's a bit like a belly button! You can mix them with all sorts of other beans like cannellini beans, butter beans, kidney beans and borlotti beans to make a super salad.



3

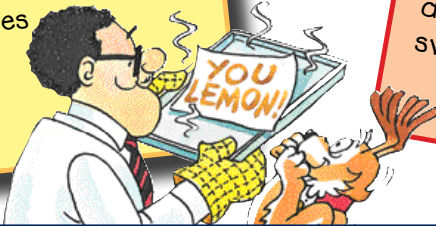
Lemons

Explorer Christopher Columbus is said to have carried lemons on his ships - the vitamin C stopped his sailors from getting a disease called scurvy. Lemons can be used to make a zingy drink. You can also use lemon juice to send secret messages! Squeeze the lemon juice into a glass, dip in a cotton wool bud and use this to write on a white piece of paper - watch your message disappear as it dries. Give the piece of paper to a friend and tell them to get an adult to put it in the oven on a baking tray at a medium heat for 10 minutes (don't let the paper burn).



Peas to meet you all!

When it comes out of the oven, the message will have reappeared!



2

Strawberries

Anyone for tennis... followed by some strawberries of course?! Around 25,000kg of strawberries will be eaten at Wimbledon every year. Strawberries are actually members of the rose family. If you plant a strawberry plant, it will grow long stems that run along the ground and then grow into lots of new plants! They are the only fruits to have their seeds on the outside - one strawberry can have as many as 200. Birds help strawberries grow in the wild by spreading their seeds.



4

Peas

Petit pois, mangetout, sugar snap and marrowfat are all fancy names for different types of pea! Thousands of tonnes of garden peas are grown in the UK each year to make frozen peas. A bag of these can come in handy if you've had a bump, but eating them is best! Sprinkle over a salad a few minutes before serving for a cold crunchy taste.



5

Sweet potatoes

The part of a sweet potato plant we eat is called a tuber and grows underground. These plants were first grown in Central and South America - they like tropical places where the weather is warm! They can be all kinds of knobbly shapes and they pop up in lots of Caribbean recipes. Just as their name suggests, they are sweeter than ordinary potatoes. Try them baked - or boiled and mashed with carrots.

