

The Professor Interviews



Mixer!

The Grub Gang's cook, Mixer, tells Professor Foodsmart about some of his favourite ingredients for helping us eat our 5 A DAY.

1 Carrots

Carrots can be used in all sorts of dishes - from soups and stews to casseroles and cakes. Raw carrots are great to crunch on and they make a healthy juice too. Carrots are actually related to parsley. They contain lots of beta-carotene, which the body turns into vitamin A and this is what helps us to see in the dark. Carrots also help keep your skin healthy.



3 Turnip

According to folklore, turnips were used as jack o' lanterns long before pumpkins. Long ago, people living in Ireland used to hollow out these little vegetables to make frightening faces for scaring off evil spirits. When they travelled to America, they discovered that pumpkins were much easier to carve, so they started using these instead. The turnip is sometimes muddled up with its bigger relative, the swede. Both are lovely cooked in a stew, or boiled then mashed, or roasted. Raw turnip can be grated into a salad.



For the last time, I am NOT a pumpkin... or a swede!

2 Dates

Dates have been grown for food for thousands of years. They are the fruit of the date palm tree and lots of them are grown in Egypt and California (USA). Semi-dried dates (above) are less crinkly than dried ones but both make a super sweet snack. They can be stuffed with walnuts or cheese (below), or chopped and sprinkled on cereal instead of sugar or honey.



3 Broccoli

Broccoli is closely related to cabbage. The part of a broccoli plant we normally eat is the flowerhead - the flowers are usually green but sometimes purple. Steamed broccoli is tasty on top of pasta or in a salad or stir-fry.



4 Rhubarb

Rhubarb is delicious in puddings like crumble and fruit salad. You need to boil it to make it soft. It was used in Asia long before it was eaten in Britain. Some people grew it in their gardens just because it looked nice.

