

The Professor Interviews



Olivia!

Professor Foodsmart asks the Grub Gang's gardener, Olivia, about her favourite way to five a day.



1

Baked beans count as one of your five a day. They are made by baking haricot beans (which are small and white) and cooking them in tomato sauce.



2

raisins

Nearly half of all the world's raisins come from California - that's in America. Raisins start off as grapes, and the grapes can be turned into raisins by drying them in the sun.

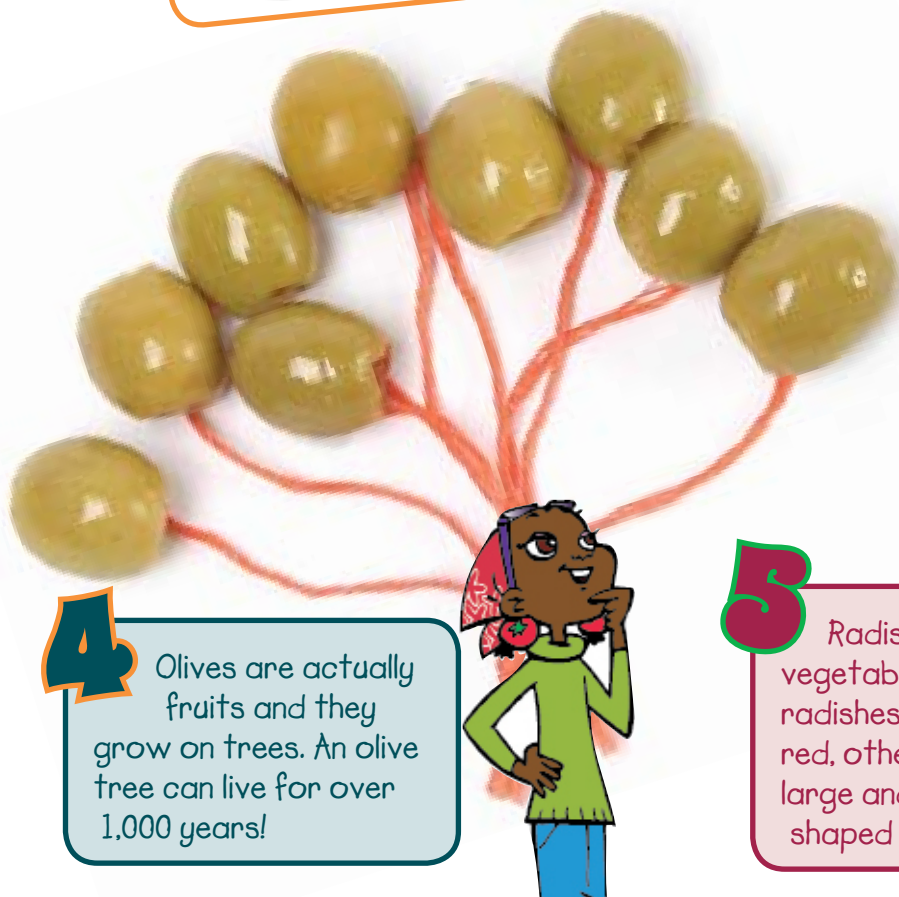


3

Pears can be yellow, green or brown but they all have white flesh inside. There are more than 5,000 different types of pear growing around the world.

4

Olives are actually fruits and they grow on trees. An olive tree can live for over 1,000 years!



5

Radishes are root vegetables. While some radishes are small and red, other ones are large and white - and shaped like carrots!

