



Reading Section—All about Pineapples

Along with the Pineapple information sheet, see if you can use the information below to answer the Kids Country pineapple quiz.

The pineapple originated in southern Brazil, spreading up through South America to Central America and Mexico. There are more than 37 types of pineapples grown across the world, each with its own unique set of characteristics. The world's sweetest pineapple is the Antigua Black grown primarily on the southwest coast of the island.



In 1493 Christopher Columbus on his second voyage to the Caribbean region was one of the first Europeans to see the pineapple. He took it back to Europe and gave the Queen of Spain a pineapple as a present. The country's that grows the most pineapples are across Brazil, Thailand, Philippines, Costa Rica, Hawaii, Ghana and more.



The Story of the Pineapple continues in the early American colonies when pineapples were used as symbols of hospitality and friendship. Legend tells of sea captains returning to port from Caribbean Islands with these exotic fruits. As a symbol there families would spear a precious pineapple on their gatepost to welcome friends and neighbour's into their homes to celebrate the safe return of the captain and crew. Today, it's the perfect fruit to eat on a hot summer day and it's naturally the queen of all fruits because it has a crown! Pineapples are also considered an expression of "welcome" throughout some countries and symbolises what we appreciate in our lives – friendship, hospitality and warmth.



Many people mistakenly believe that pineapples grow on trees, however, pineapples come from a stocky, hearty plant that grows along the ground. Their leaves curl out from a thick, central stem, and the long (and sometimes very sharp) leaves can grow to more than 1.5 metres in length. Pineapple plants have tough, thick leaves like a cactus.



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A pineapple is a tropical fruit known for its iconic shape – a sphere of sweet and juicy flesh surrounded by a tough, segmented skin which is a collection of tiny fruits stuck together, with a tuft of spiky green leaves on top. The fruit is actually a collection of flowers, each with its own eye that is fused around the centre core, and it takes about 12 to 18 months for just one pineapple to reach full maturation.



How do we get tinned pineapple?

In special processing factories there are special machines that cut off the top and bottom, of the pineapple and then removes the skin, and takes out the middle. The part which is left is cut into rings or chunks and put into cans. The bits which are cut off can be used to make juice.



Nutritional benefits of pineapple

Pineapples are naturally high in fibre, an important component of a healthy diet that can help improve digestion. They also contain a good array of vitamins and minerals including calcium, manganese, plus vitamins A and C, as well as folic acid.

Both fresh and tinned pineapple counts towards your five-a-day target, but if you go for the tinned variety, choose a can with no added sugar or salt.

