

PINEAPPLE

FAST FACTS

- In nature, pineapple is mostly pollinated by hummingbirds
- Pineapples are named after pinecones
- Pineapples are a tropical fruit that originate from South America. Now they are common in Hawaii
- If you save the leafy top of the pineapple and place it in soil, it can grow a new pineapple. This is called regeneration!



IMPORTANT NUTRIENTS

- **Manganese** – good for bone health
- **Vitamin K** – helps your blood clot
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Zinc** – involved in new cell creation
- **Phosphorus** – helps build teeth and bones

SELECTION & STORAGE

Look for a firm shell with leafy dark-green tops. The bottom of the pineapple should smell fragrant and sweet.

Store pineapple, uncut, at room temperature for a few days until desired ripeness is achieved. Once chopped, pineapple can be store in the fridge for 2-3 days.

IDEAS FOR SERVING

- Enjoy raw pineapple on its own, or add frozen chunks to a smoothie
- Grill pineapple as a side dish with teryaki chicken
- Incorporate pineapple into a fruit salad with blueberries, strawberries, and mint

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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how pineapple looks, feels, tastes, sounds, and smells.

Story Time

Create a make-believe story about the first person who saw a pineapple tree and decided they wanted to try it!

Compare & Contrast

Make a list of similarities and a list of differences between pineapple and another tropical fruit. Are there more similarities or differences?

Musical Challenge

Write a short song or rap about the health benefits of pineapple. Share with the class!

Write a Recipe

Invent a new recipe that includes pineapple as one of the ingredients.

Watch a Video

Find and watch a video online that shows how to regenerate pineapple. If there is time, find a video of how to choose and cut pineapple.

CHECK FOR UNDERSTANDING

What are some examples of other tropical fruits?

Describe the steps you would take to grow pineapple at home.

Why is eating pineapple good for your health?

What should you look for when selecting pineapple at the store?

What is your favorite way to eat pineapple?

REFERENCES

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