




Did you know?

 Papayas grow in tropical areas around the world. Leading producers of the fruit are Brazil, Nigeria, Indonesia, and India.

 The papaya plant is as tall as a tree. Some papaya plants reach 26 feet in height.

 The small black seeds of the papaya are edible. They actually taste a lot like black pepper and there are countries where the papaya seeds are used as black pepper alternative.

 The fruit, when unripe, will have green skin. However, when the fruit becomes ripe, the skin will turn yellow-green or amber. The flesh of a ripe papaya has an orange-pinkish color.

Parents,

This month in the cafeteria we are sampling papaya. Trying new fruits and vegetables should be a fun experience with your child. A few tips when introducing new foods:

- Offer a new food first, at the beginning of the meal. Kids usually are more willing to try new foods when they are hungry.
- Have your child choose a new food as you shop. Trying new foods is more fun for kids when they pick them.
- Do a taste test. Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it.
- Go for at least “one bite.” But stay away from forcing your child to taste. Keep food trying positive.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups



PAPA PAPAYA

RECIPE

Tropical Fruit Salad

Ingredients

- 1 pineapple
- 2 mangos
- 2 papayas
- 3 bananas



Directions

Peel all fruit and cut into cubes. Combine in bowl and serve. Makes about 14 servings.