

# AROUND THE WORLD WITH HEALTHY FOODS

Read the paragraphs below to learn about some healthy foods and their origins in the world. Then test your knowledge by completing the crossword puzzle on the next page.



## Mango

Mangos are a fruit that originated in the foothills of Burma (today known as Myanmar), Bangladesh, and India. Today, India is the world's largest producer of mangos, but they are also grown in tropical climates throughout the world. Mentioned in Hindu religious texts dating as early as 4000 B.C., the mango has been called the "king of fruits." Legend says the mango tree can grant wishes. A distant relative of cashew and pistachio nuts, as well as poison oak and poison ivy, the mango has lots of vitamin C (which promotes a healthy immune system) and vitamin A (important for vision and bone growth).



## Kiwi

The kiwi comes from China where it is called the Chinese gooseberry. After being introduced to the country of New Zealand, it was renamed for the kiwi, New Zealand's national bird. Today in the United States, kiwis are primarily grown in the state of California. High in vitamins C and E, as well as the mineral calcium, the kiwi has been said to improve sleep.



## Yogurt

Yogurt was invented as a way to preserve milk about 4,500 years ago. First used in western Asia by nomadic tribes, the name "yogurt" comes from the Turkish language. Yogurt is known for having many healthful benefits. It contains lots of protein (to help build and keep the body's tissues and muscles healthy), and is also helpful in aiding digestion and fighting harmful bacteria. Yogurt is a good source of vitamin K, which helps with the clotting of blood during bleeding.



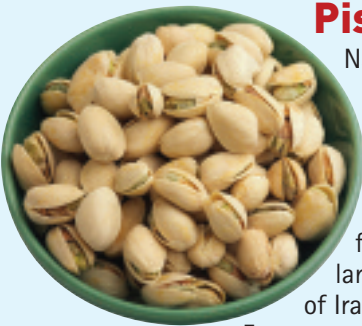
## Tofu

Tofu is a bean curd made from soybeans that originated in China. Buddhist missionaries, who lived on vegetarian (no meat) diets first brought tofu from China to Japan and Korea. Chinese immigrants who came to the United States during the California Gold Rush in the mid-1800s, also brought along tofu. It wasn't until the 1970s, however, that tofu became popular in the United States as a health food. Tofu is high in protein and low in calories. It also contains lots of iron, which is good for making *hemoglobin*, the oxygen-carrying part of red blood cells.



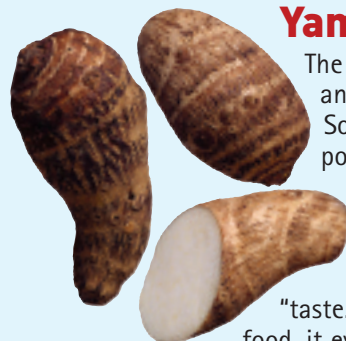
## Guava

Native to Mexico and Central America, the guava is sometimes called the "superfruit" because of its great nutritional value. Guavas are rich in fiber, low in fat, and have three times the amount of vitamin C found in an orange. The entire fruit is edible, but because the peel is sour and seeds are hard, most people only eat the sweet soft pulp. Guava is also used as a juice, in sauces, and in making candies, jellies, and tea.



## Pistachio

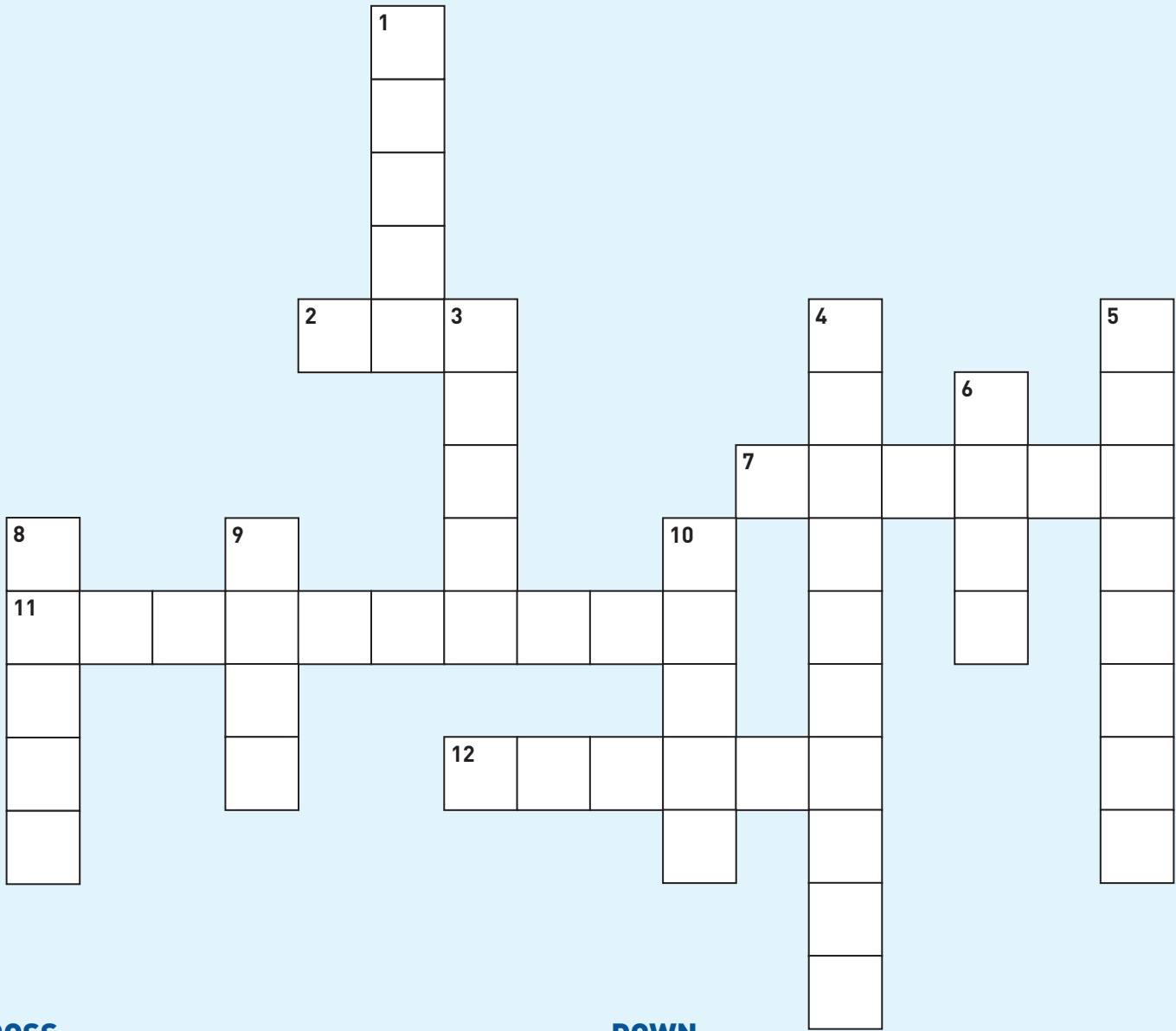
Native to Asia, the pistachio was used as a food as early as 7000 B.C. in ancient Turkey. Also called the green almond, the pistachio is related to the cashew nut and its name comes from the Persian language. The land of Persia today is the country of Iran. Pistachios came to the European country of Italy from Syria in the first century, and arrived in 1854 to the United States. Today, most U.S. pistachios come from California, and grow on trees that reach 20 feet tall. Pistachios are a good source of protein and are high in the mineral phosphorus (which helps build strong bones and teeth).



## Yam

The yam was first grown in Africa and Asia thousands of years ago. Some people think that the sweet potato and yam are the same, but they are actually two different vegetables. The word "yam" may come from an African word "nyam," meaning to "sample" or "taste." Because of its importance as a food, it even has its own festival in the country of Nigeria. *Fufu* is a popular food in Western and Central Africa made from the yam. Yams are a good source of the mineral potassium (which helps control blood pressure) and are high in fiber.

# Healthy Food Smarts: Crossword



## ACROSS

2. Many incorrectly think the sweet potato and this vegetable, first grown in Africa and Asia, are the same vegetable.
7. This food was invented by nomadic tribes as a way to preserve milk during their travels.
11. Tofu is high in iron which is good for making \_\_\_\_\_, the oxygen-carrying part of red blood cells.
12. Having three times the vitamin C found in an orange, guava originates from Central America and this country.

## DOWN

1. Because of its high nutritional value, this fruit from Mexico is sometimes called a "superfruit."
3. Legend says the tree of this fruit from Asia can grant wishes.
4. The pistachio nut is high in this mineral, which helps build strong bones and teeth.
5. Found in yogurt, this vitamin helps blood clot after bleeding.
6. This is a popular food in Western and Central Africa made from yams.
8. The kiwi was originally called the gooseberry in this country where it originated.
9. This bean curd is said to have come from China and is made from soybeans.
10. The world's largest producer of mangos is this Asian country.

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