Pomegranate

What you have are the seeds from inside the fruit. You can eat the whole seed! (they will be crunchy with a juicy flesh around them)

Nutrition:

- Pomegranates are pack full of all the antioxidants. Basically, in everyday life the cells in our body get damaged and destroyed. Antioxidants help restore them and make them healthy again!
- Pomegranates help keep your brain healthy and improve your memory too.

Did you know?

- The whole fruit is round, the size of an apple, red, and one end has what appears to look like a crown on it.
- Pomegranates are some of the oldest fruit. It was cultivated in Egypt and India.
- The name comes from the French, *pome grenate*, literally translated to "apple with many seeds".
- Traditionally the fruit and seeds were valued for their culinary use by people from India to the Mediterranean region, and they symbolize abundance, fertility, and good luck.

More:

- Pomegranate fruits are available in the grocery store in fall and winter. Pomegranates can be stored in the refrigerator for up to 2 months.
- You will need an adult to cut the fruit open, then scoop the seeds out to eat! Follow <u>this link</u> for a video showing how to seed the whole fruit!