



CREATIVITY : HERITAGE : EDUCATION

WHICH TROPICAL FRUIT DO YOU LIKE BEST?

Pineapple, coconut and mango...yum! You know about these tropical fruit, right? But what about guinep, guava, sapodilla, soursop and star apple? Do you know those tropical fruit? Use these clues to help you with the answers to the quiz below. Then we have a delicious fruit rollup recipe that you and your mom or dad can make!

GUINEP – also known as Spanish limes. You bite the shell in the middle of the tiny fruit and eat the slippery flesh off the big seed inside

SAPODILLA – you can eat this right off the tree. It tastes like an extra sugary pear

GUAVA – this fruit tastes like a tropical strawberry when you put a lot of sugar on it.

SOURSOP – you can use this spiky fruit to make creamy delicious juice, ice-cream or popsicles.

STAR APPLE – the inside of this purple fruit is milky, and you may think that it tastes a little like Jello



LET'S TAKE OUR QUIZ!
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DIRECTIONS: Draw a line from the fruit to its name.

1.



a. Sapodilla

2.



b. Guava

3.



c. Star Apple

4.



d. Sour Sop

5.



e. Guinep

RECIPE

HOMEMADE FRUIT ROLL-UPS

IMPORTANT SAFETY MESSAGE: Ask a grownup to help you with the knife, blender, stove and oven.

Ingredients:

- ❑ 1 ¼ pounds washed, peeled and chopped fruit. Suggested flavors: plums, bananas, mangoes, saposillas, guavas, soursop, star apples or a mixture of two or three kinds of fruit
- ❑ ¾ cups of sugar or maple syrup to taste
- ❑ 1 to 2 tablespoons fresh lemon juice



Directions:

1. Preheat the **oven** to 200 degrees F
2. Mix the fruit and sugar in a **blender** and add lemon juice. Puree until smooth.
3. Pour the pureed fruit into a medium **saucepan** and bring to a simmer over medium high heat on the **stove**.
4. Reduce the heat to medium-low and cook, stirring now and then until the mixture is very thick. **Be careful:** the mixture may splatter.
5. Use aluminum foil to line a 12x17-inch **baking sheet** with a rim. Use a **spatula** to spread the mixture evenly in a thin layer on the foil.
6. Bake in the oven for 3-4 hours, carefully turning the sheet halfway with a **potholder**. You'll know the mixture is done when you carefully touch it and it's no longer soft or sticky.
7. Place the sheet somewhere to cool and wait until the mixture is completely cool.
8. Use a pair of **kitchen shears** to cut the mixture on the foil into long strips. Peel off the foil and roll up the strips.
9. Store in **zip-lock bags** for up to 1 week.
10. Share with your family and friends and enjoy the "fruit" of your labour!

