

In cooler places, such as Britain, the 'fleshy' fruits are much harder. Can you think of any examples? (Try in the orchard). The climate in Britain also suits the growth of 'soft' fruits. Raspberries are one example, can you think of others? We can sort the vegetables further. The table below shows types of vegetables.

See if you can fill in the Sierra Leone vegetables from the DVD (each dash represents one letter). Add any more examples you can think of. Of course, Mrs Jalloh just showed a selection. She also buys and cooks beans (pulses), onions (bulbs) and much, much more.

Type of vegetable	Clue...	Examples from Sierra Leone	Others from Sierra Leone or elsewhere that you know/use in Britain, or grow in your own country
Roots and tubers	<i>Roots under the ground and roundish swollen roots (tubers)</i>	_____ _____	Carrot...
Fruit vegetables	<i>Seeds inside</i>	_____ _____ _____ _____	Tomato...
Leaf and stem	<i>You know!</i>	_____ _____	Cabbage, celery...

Making a balanced meal

Remember we need...

Protein: the building and maintenance department. Proteins help you grow and repair damage

Carbohydrates: the *va va voom* food! Gives energy (which you are meant to use!)

The amount of energy locked up in the food is measured in kilojoules (You are also supposed to take in fibre, vitamins and minerals. Fruit and veg are great for these. They also have oils, but no heavy fats.)

The table opposite tells us the amount of good stuff in each of the raw fruit and vegetables. It is adapted from www.usda.gov/fnic/index.html

A few questions...

- Which is the champion vegetable in this list? (no wonder Mrs.Jalloh says it makes you strong and gives you energy!)
- Which fruit is best for an energy snack?
- Which types of vegetable give you most energy?
- If you were making a vegetable stew, which one would you include to make sure you eat some protein? (You'd probably want to add beans, fish or lean meat for extra protein)

You could go to the **usda website** and compare these figures to other fruit and vegetables you eat. You could devise your own healthy – and tasty – recipes. (Try out some of the Sierra Leone recipes in the resources folder.)

Try comparing fruit and vegetables to things like burgers and biscuits!

Maybe there's plenty to learn from Mrs Jalloh and the traditional Sierra Leone diet!

	kilojoules (energy in 100g)	carbohydrate (in 100g)	protein (in 100g)
pawpaw	163	9.8	0.6
mango	272	17.0	0.5
banana	371	22.8	1.1
pineapple	202	12.6	0.5
water melon	141	8.2	0.8
plantain	510	31.9	1.3
cassava	667	38.1	1.4
yam	494	27.9	1.5
kobo kobo	160	14.0	2.2
okra	129	7.0	2.0
pepper	126	5.9	1.3