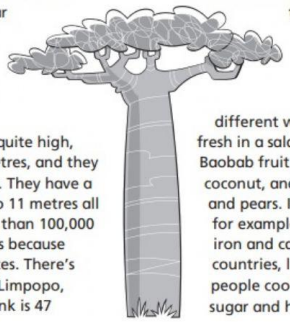
4 **Read and write *T* (true), *F* (false) or *DS* (doesn't say).**

BAOBAB, THE UPSIDE-DOWN TREE

Baobab are beautiful trees in Africa and Australia. People also call them 'bottle trees' or 'upside-down trees' because of their shape. They haven't got leaves for many months of the year and so their branches look like roots in the air; the tree is upside-down. There are eight different species.



Baobab trees can grow quite high, between five and 30 metres, and they live for a very long time. They have a very big trunk – seven to 11 metres all round. It can hold more than 100,000 litres of water and this is because they live in very dry places. There's one in Sunland Farm in Limpopo, South Africa, and its trunk is 47 metres wide! People think it's 6,000 years old! It's 22 metres high and people can walk around inside its trunk. Tourists can have a drink or something to eat inside the tree and, of course, take pictures.

People in Africa use the leaves and fruit from these trees in different ways. They eat the leaves fresh in a salad or cooked in soups. The Baobab fruit is quite big, the size of a coconut, and it tastes like grapefruit and pears. It contains many nutrients, for example, Vitamins B and C, iron and calcium. In some African countries, like Kenya and Tanzania, people cook the Baobab seeds with sugar and have it for a snack.

1. The leaves of a Baobab tree are upside-down. ____
2. There are more types of Baobab in Africa than in Australia. ____
3. There isn't a lot of rain where the Baobab trees grow. ____
4. The farmers eat inside the tree at Sunland Farm. ____
5. People prepare different foods with leaves and seeds from the Baobab trees. ____

5 **Read and match the descriptions to the correct vegetables. There are two vegetables you don't need to use.**

FRESH AND HEALTHY: tips on fruit and vegetables

Welcome to my blog! I've got a vegetable quiz for you today. How much do you know about your veggies? Read the descriptions. Do you know what vegetable it is? Check your answers tomorrow!

☐ **1** It grows on the ground like watermelons and it gets very big and heavy. It contains Vitamins A, C and E. People make pies with it and they also use it to decorate their houses at Halloween. In the fairytale, Cinderella, one of these changes into a carriage.

☐ **2** People around the world eat this vegetable. There are many different types and they usually grow underground. This vegetable has got a very thin 'skin' – like paper. It has a very strong taste and when you cut it with a knife, it usually makes you cry. You can eat it in salads, sauces, soups and many other dishes.

☐ **3** It's a very healthy vegetable and when it's fresh, it's dark green. People usually boil it in water and eat it as part of a main meal. It belongs to the cabbage family and it's very similar to the cauliflower. It's rich in Vitamins C and K.

☐ **4** It's a very common vegetable and it makes delicious salads. We also put it in sandwiches with tomato, cheese and ham. It's green and it's got lots of leaves. It's important to wash the leaves in water before you eat them. Its leaves can be straight or curly and there are different sizes.

a aubergine

b cauliflower

c onion

d pumpkin

e lettuce

f broccoli

6 **Read and circle *A* (Star fruit), *B* (Kumquat), *C* (Dragon fruit) or *D* (African cucumber).**

Exotic fruit

Do you like trying new types of fruit and vegetables? Here are some strange tropical fruits from around the world. They're interesting to taste and look at!

A **Star fruit: comes from Indonesia, India and Sri Lanka**
It's a bright yellow colour and it combines lots of different flavours like pineapple, apple, lemon and orange. It's rich in vitamin C and it's usually sweet. It isn't very small and its seeds are light brown. You can eat it with or without them. Some people put it in green salads.

B **Kumquat: comes from China**
A kumquat is the size of an olive and it looks like an orange. It grows on trees that have white flowers. A big kumquat tree can give hundreds or thousands of fruits each year. You can make marmalade with kumquats and in Taiwan people add it to their tea. They say it helps when you have a sore throat.

C **Dragon fruit: comes from Mexico and South America**
It's also called 'pitaya' but in English the names 'dragon fruit' or 'strawberry pear' are more common. It isn't a small fruit – a big one can weigh up to one kilo. It's got colourful skin and depending on the type it can be red, yellow or white inside. It's got lots of small black seeds.

D **African cucumber: comes from Kalahari Desert, Africa**
It sounds like a vegetable, but it's more similar to a melon. People describe it as a 'melon with horns'. Yellow on the outside and green on the inside, it tastes like bananas, lemons and cucumber. It's often used for decoration, but it's better to eat it because it contains vitamins and minerals.

1. The fruit inside can be different colours. A B C D
2. You can have it with a hot drink. A B C D
3. People often use it to make other dishes look pretty. A B C D
4. It combines more than three different flavours. A B C D
5. Its seeds aren't a dark colour. A B C D
6. There are things on its skin that some animals have. A B C D

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