

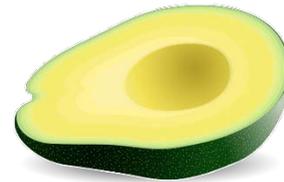
# 4-H +Me = Health: From A to P: Avocados to Pomegranates

**What will we learn?** 4-H members will learn how to safely cut an avocado and a pomegranate into pieces.

**Why is this important?** Eating more fruits and vegetables is a goal for many people, but learning how to cut up fresh fruit and vegetables can sometimes be intimidating. Many people forgo buying produce if they don't know how to prepare it.

**Prep time needed:** 20 minutes shopping

**Activity length:** 20 minutes



## What will we need?

### *Preparation:*

- Avocado (Choose one that is dark in color and neither too hard or too soft when squeezed.)
- Pomegranate (Choose one that is heavy for its size, which can range from the size of a baseball to the size of a softball. The color can range from a pale, reddish-yellow to a deep, crimson red, but color and external blemishes are not an indicator of fruit quality because the fruit is protected by the very thick skin.)

### *At the meeting:*

- Table
- Sink with running water
- Bowl of water
- Sieve
- Bowl
- Apron
- Cutting board
- Sharp knife
- Spoon
- Small dinner knife
- Optional: Guacamole ingredients



## What do I need to do?

### *Preparation:*

1. Purchase an avocado and a pomegranate from the grocery store.
2. Optional: Purchase additional fruit to display whole and/or in half.
3. Optional: Purchase ingredients for the guacamole recipe.

### *At the meeting:*

1. Set up a work station with your equipment for the demonstration.
2. As you demonstrate how to cut each fruit, share the facts about each fruit with your club members.
3. Avocado facts: Avocados were once a luxury food reserved only for royalty, but they are now enjoyed around the world by people from all walks of life. Avocados have also been called “alligator pears” because of their pear-like shape and green skin. They are also sodium and cholesterol free and only have 5 grams of fat per serving. California produces 90 percent of the avocados grown in the United States.
4. How to cut the avocado: With a large, sharp knife, cut the avocado lengthwise around the seed and open the two halves. To expose the pit, you can make another cut lengthwise on the avocado half that has the pit, cutting around the pit and exposing it so that it is easier to remove. Or, you can use a spoon to scoop out the pit. Now, you can either scoop out the avocado flesh with a spoon (for making guacamole) or slice the avocado into segments. To make it easy to scoop out the avocado flesh, take a small dinner knife and gently make cuts in the avocado flesh in a crosshatch pattern, careful not to break through the avocado peel. Then, use a spoon to easily scoop out the avocado pieces. If you are making guacamole, don't worry about slightly discolored or brownish sections; they can be used in the dip as well.
5. Pomegranate facts: Pomegranates have been grown across Europe, Asia, and Africa since ancient times. Ancient Egyptian art and mythology as well as the Old Testament of the Bible all mention pomegranates. Pomegranates range in size from the size of a baseball to the size of a softball, and their color can range from a pale, reddish-yellow to a deep, crimson red. Because the skin is very thick and protects the fruit, color and external blemishes are not indicators of quality. Pomegranates will last 6–7 days unrefrigerated or up to 3 months in the fridge!
6. How to cut the pomegranate: To cut the pomegranate, you will need a sharp knife and a bowl of water. Start by cutting 1/2 inch off the top, or crown, of the fruit. Use an apron to protect your clothing and be careful; the ruby red juice will stain your clothing. Make a shallow cut or score in the pomegranate skin from the top to the base. Repeat this process until you have five evenly spaced cuts. While holding the pomegranate under water, pull the fruit apart. The pomegranate

should divide where you made the cuts in the skin. Holding the pomegranate underwater will minimize the amount of juice that may squirt onto you and your clothing. Gently push out the seeds with your fingers. The pomegranate seeds will sink to the bottom, and any membrane or pith will float to the top of the water. Skim off the pith with a spoon or your fingers. After skimming off the pith, drain the water from the bowl or pour into a sieve. Briefly rinse the pomegranate seeds under cold water. The seeds are now ready to eat or use in a recipe.

**Summary:** Healthy nutrition involves preparing and eating a variety of foods. Members will learn fun nutrition facts about avocados and pomegranates as well as how to safely cut those fruits. Members will also have the opportunity to taste these delicious fruits.

**What 4-H projects does this activity connect with:** Health and Foods

**Snack connection:** Serve freshly cut fruit and/or make Chunky Guacamole.

*Ingredients:*

- 2 large avocados (about 1 pound), pitted, peeled and cubed
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- Dash of red (cayenne) pepper
- 1 medium tomato, seeded and chopped
- 2 tablespoons finely chopped white onion
- Optional: 1 teaspoon chopped, fresh cilantro
- Optional: baked tortilla chips

*Directions:*

- In large bowl, coarsely mash avocados, lime juice, salt and ground red pepper using a pastry blender or fork.
- Reserve 2 tablespoons chopped tomato for garnish.
- Stir remaining tomato, garlic and onion into avocado mixture.
- Spoon into serving bowl and sprinkle with reserved tomato and cilantro.
- Serve with tortilla chips.

**Source:**

<http://www.extension.org/pages/19871/enjoy-more-fruits-and-vegetables>

<http://www.extension.org/pages/19882/safe-foof-handling-of-fruits-and-vegetables>

<http://www.four-h.purdue.edu>