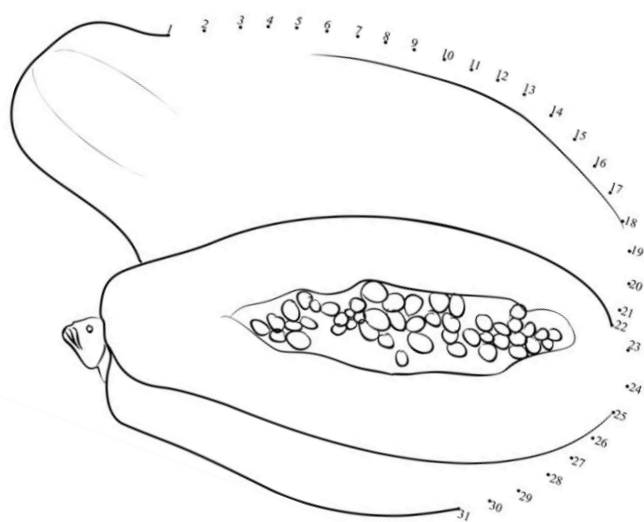


PAPAYA



Papaya grow on trees in Hawaii & Mexico. Some people call them “Tree Melons” while in Australia they call it “papaw” or “paw paw”.

Hawaiian Papaya weigh about 1 pound, but Mexican Papaya can weigh up to 10 pounds! The papaya seeds can be ground up and used like peppercorns. Eating Papaya in excessive amounts can cause the soles of your feet and palms to turn yellow!!!

Can you finish the picture by connecting the dots?

NUTRITION INFORMATION

Fresh, ripe Papaya is one of the fruits with the highest vitamin-C content. Vitamin C helps to boost your immune system which helps keep you from getting sick! Papaya is also rich in many essential B-complex vitamins such as: Folic acid, vitamin B6, riboflavin, and vitamin B1. Your body needs to get these vitamins from food in order to replenish and play an important role in metabolism. These are called “essential” vitamins because you have to get them from what you eat since your body does not produce them by itself.



Color the Papaya!