



Fact File

7th – 11th July, 2008

Celery	Broccoli	Melon
Nutritional Information:		
Potassium Vitamin C Fibre Beta Carotene	Vitamin A Vitamin C Calcium Fibre Iron	Potassium Iron Vitamin C Folic acid
Health Benefits:		
<p>Celery is a rich source of folate which makes it an excellent addition to salads for women planning pregnancy. Celery helps calm the nerves. The essential oil for the celery seed has a powerful calming effect on the nervous system.</p>	<p>Boiled broccoli has more vitamin C than an orange and as much calcium as a glass of milk. One medium spear has three times more fibre than a slice of wheat bran bread. Broccoli is also one of the richest sources of vitamin A. Broccoli is rich in isothiocyanates (potent cancer fighting substances) which can block the growth of melanoma skin cancer.</p>	<p>All forms of melon are mildly laxative without being an irritant, making it a good food for children who are constipated. The deeper orange varieties of melon are antioxidant rich. Natural sugar, in form of pectin in melons, is an excellent natural form of energy for children.</p>
Ways to incorporate the food into a healthy diet:		
<p>The great crunchy texture and mild flavour of celery makes it a great snack to nibble in with or without a dip. Juice along with apple and carrot for an added healthy zing! The nutritional benefits make it a good additional to winter soups.</p>	<p>Serve raw broccoli with hummous or yoghurt dips. Steam and puree into a creamy leek and potato soup. Chop finely and add to scrambled eggs or omlette. Add broccoli sprouts to sandwiches, salads or as a fun stringy snack!</p>	<p>A cool refreshing treat. A large slice of melon beats any sugary drink for refreshment. Have children chop up their own pieces of melon to add to a fruit kebab. Puree with strawberries and freeze to make healthy iced lollies.</p>