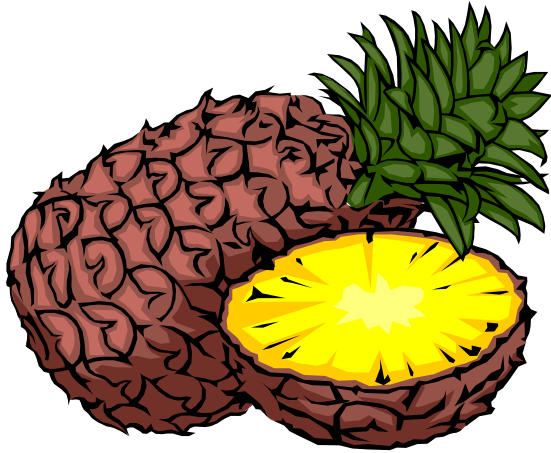


# Pineapple



- ♥ Is rich in vitamin C and fiber, and it also helps aid digestion.
- ♥ Pineapple has its origin in South America where it has the name "pina", meaning pine cone in Spanish, which the fruit vaguely resembles. The English added "apple" to associate it with juicy delectable fruits.
- ♥ The image of the pineapple is a symbol of hospitality. It expresses the sense of welcome, good cheer, human warmth and graciousness of the home.

♥ One serving of fresh pineapple may supply up to 20% of the body's daily requirement of vitamin C.

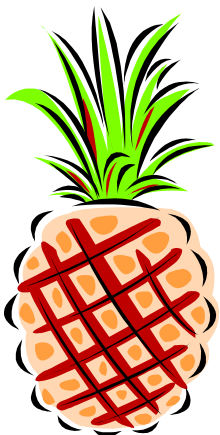
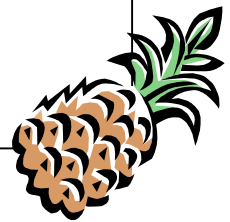
♥ Pineapple is a low-fat food and a good source of dietary fiber.

## Take the Pineapple Quiz

HISTORY:

**What U.S. state is the world's main producer of pineapples?**

Hint: You might wear a straw skirt if you were a native.



SCIENCE:

### **Pineapples and Bromelain**

Pineapples contain the enzyme "Bromelain". A protein-digesting enzyme, bromelain is particularly useful for reducing muscle and tissue inflammation and as a digestive aid.

**It is claimed that bromelain helps to combat what major illnesses:**

- Heart disease
- Arthritis
- Carpal tunnel syndrome
- All of the above