

SNACKBite



Pineapple

- The pineapple is a symbol of friendship and hospitality. People used to hang them outside their huts to show their welcome.
- Pineapple is a great source of manganese which is essential in developing strong bones and connective tissue. Manganese is also necessary for normal brain and nerve function.
- It takes almost 3 years for a pineapple to fully mature. And one plant can only produce one fruit at a time.
- When European explorers first encountered the fruit in the Americas, they called them “pineapples” because of the resemblance to pine cones.
- If sick or you have allergies, the pineapple’s enzyme bromelain may help reduce mucus in the throat and nose.
- If you want to grow a pineapple, simply plant the top “crown” of the fruit and it will grow.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

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