

Dragon Fruit



Dragon fruit is a beautiful fruit grown in Southeast Asia, Mexico, Central and South America, and Israel. The plant is actually a type of cactus, and the fruit comes in 3 colours: 2 have pink skin, but with different coloured flesh (one white, the other red), while another type is yellow with white flesh. Dragon fruit is low in calories and offers numerous nutrients, including Vitamin C, phosphorus, calcium, plus fibre and antioxidants. Dragon fruit tastes wonderful - sweet and crunchy, with a flavour that's like a cross between a kiwi and a pear.

To choose a ripe dragon fruit: look for bright, even-coloured skin. If the fruit has a lot of blotches, it may be over-ripe (a few is normal). Another sign of over-ripe dragon fruit is a very dry, brittle brown stem, or brown on the tips of the "leaves". Hold the dragon fruit in your palm and try pressing the skin with your thumb or fingers - it should give a little (like a ripe kiwi), but shouldn't be too soft or mushy. If it's very firm, it will need to ripen for a few days.



サンプル

Place the dragon fruit on a cutting board or other clean surface, then cut the fruit straight down the middle with a sharp knife. It will cut quite easily. Cut through to the other side, so that you can separate the fruit into 2 sections. Inside the flesh may be white or red - both will have tiny black edible seeds, just like kiwi fruit. There are various ways to prepare dragon fruit for eating - this is just one way. Run a tablespoon around the circumference of the first section to separate the flesh from the skin. Now lift the flesh out of the skin and place it on the cutting board. Reserve the skin for serving, if desired. Note that the skin is NOT edible. Do the same for the other half. Turn the flesh over, checking for any residual pink skin. Slice this off. Now you can slice up the flesh. Cubes work well for eating the fruit fresh. If desired, return the cubes of fruit to the skin to serve. Leftovers can be refrigerated, like any other fruit, in a covered container.

Aside from eating fresh, dragon fruit makes excellent juice as well as frozen drinks (dragon fruit is mainly composed of water, so it's easy to blend or process). Dragon fruit also makes an excellent addition to fruit salads (and will have people guessing about what kind of fruit it might be!). For an exotic fruit salad recipe, try combining it with pineapple, mango and papaya. Mmm – delicious!

VOCABULARY:

cactus	flesh	calories	numerous	nutrients
phosphorus	calcium	antioxidants	fibre	crunchy
ripe	blotches	brittle	palm	mushy
firm	edible	circumference	residual	exotic

GRAMMAR:

THE IMPERATIVE – Use the **imperative** to:

- Give **directions** and **instructions**, for example, Turn left at the light.
- Give **orders** or **commands**, for example, Don't move!
- Give **advice** or make **suggestions**, for example, Don't exercise when you're sick.
- Give **warnings**, for example, Be careful!
- Make **requests**, for example, Please have lunch with us tomorrow.

Note that the **subject** of an imperative statement is **you**, but you do not say or write **you**.

Match an imperative in column A with a situation in column B:

COLUMN A

- _____ 1. Don't touch that!
- _____ 2. Buckle your seat belt.
- _____ 3. Look both ways!
- _____ 4. Dress warmly!
- _____ 5. Don't bend your knees!
- _____ 6. Mark each answer *true* or *false*.
- _____ 7. Come on in!
- _____ 8. Add a little more salt!
- _____ 9. Go two blocks along the street.

COLUMN B

- a. Someone is visiting a neighbour.
- b. Someone is going snowboarding.
- c. Someone is crossing a road.
- d. Someone is writing an exam.
- e. Someone is riding in a car.
- f. Someone is giving directions.
- g. Someone is working out at the gym.
- h. Someone is preparing some soup.
- i. Something is too hot.