

# WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—papayas. Here are some interesting facts about papayas to help guide your discussion...

- Did you know that the papaya plant is not really a plant at all? It is an overgrown herb known as *herbaceous perennial*.
- The two most popular types of papaya come from Hawaii and Mexico.
- Papaya is considered an excellent fruit to eat if you want to promote digestive health.
- It is also a good source of Vitamins A, C, E, and potassium.
- What does a papaya look like? It has a “golden-yellow” outer skin and a sweet taste. Small black seeds are found inside and taste like pepper (remove before eating). Some parts of the world use these seeds instead of traditional pepper to flavor their food!

**Source: [health.learninginfo.org](http://health.learninginfo.org)**