

Papaya



- Papayas are also called papaws or pawpaws (Australia), Mamao (Brazil), and Tree Melon.
- A Papaya is a tropical fruit of the Carica Papaya tree and believed to be native to southern Mexico and Central America.
- There are two types of papayas, the Hawaiian and Mexican. The Hawaiian varieties are found most often in supermarkets.
- Hawaiian papayas are pear shaped, have yellow skin when ripe and weigh about one pound. Inside, the flesh is bright orange or pinkish and there are many black seeds.
- Mexican papayas are not as common but can be found in Latino supermarkets. Mexican papayas are much larger and can weigh up to 10 pounds. Their flavor is less sweet than the Hawaiian varieties.



- Papaya is an excellent source of Vitamin A. Vitamin A helps you have healthy skin, eyes, and immune system.
- Papaya is also an excellent source of Vitamin C. Vitamin C helps you have healthy bones and teeth. It also helps wounds heal.
- A Papaya's skin is green, but it changes to yellow when the fruit is ripe and ready to eat.
- Ripe Papaya can be used in a smoothie or shake, cut up and made into a salsa, or salad, or simply eaten alone.



Sources: <https://kids.britannica.com/kids>,
<http://www.foodreference.com/html/artpapaya.html>