

Tropical Fruit Salad

Fruit Salad Ingredients:

- 1 Pineapple
- 1 Kiwi
- 2 Strawberries
- 3 Mangos
- 2 Papayas
- 1 banana



Materials:

- 3 containers
- Forks

Steps:

- Cut up fruit
- Arrange fruit to go into containers.
- Begin to place fruit in containers.

Analysis

For my dish, I chose to make a fruit salad. Although my dish may be simple to make, it represents my culture. My dad's side of the family is from the Bahamas. A unique perk about living on a tropical island is all the different fruit that is grown there.

My dish is 100% whole food. However, the fruit I chose is not organic. I was reading that if you only consume fruit and water for a long period of time, studies show that your skin will become much more nice and clean. So if you have acne, and are currently looking for ways to make your face appear clearer then you should try it.

Most of the fruit used for my dish was from a farm in Phillipsburg, New Jersey. However, the papaya was from Fort Lauderdale. That makes sense because papaya is from the Caribbean area and Florida is the closest state to receive overseas goods for low cost.

To make this meal, it costs about 11 dollars. The papaya cost the most, it was a little over \$3. Well many people may choose Mc. Donald's dollar meal plan over a \$11 fruit salad because of price differences. The money for the fruit was profited by small farms. I rather a small farm company pocket my money than a large corporation because the workers from a small farm make much less money overall in all aspects.

As I said before people from the tropical islands are very fortunate because of the variety of fruit they have. However, I will add that because most families grow their own fruit save more money compared to families in the United States. Fruit in the Bahamas, is more of a "cheap" meal because they have so much supply of it.

Self-Reflection

One of the biggest problems in the city of Philadelphia is healthy food access. Because we are located in such an urban area we result to fast food over healthy meals. There are not many supermarkets placed in local neighborhoods for the people to provide the proper meals for their families. As a result they spend money at their "corner store" or nearest fast food place. A corner store is not equipped with all the food a family needs for a healthy meal. By shopping at your corner store you make the owners rich and you unhealthy. According to the USDA (United States Department of Agriculture), in the United States one in four children were found to be "food insecure". The meaning is defined as a lack of consistent access to enough food. We, the next generation, carry the torch of ending childhood hunger. The future lies in our hands and we need to step up and take action. Hopefully in the future with hard work and dedication we can eliminate childhood hunger everywhere.

With that being said my role in the larger food system is to support and advocate for healthy foods. I would do so by beginning to purchase organic products. I will also be encouraging others to be conscious about what they put into their bodies as well. Lastly, I will volunteer more with different organizations that deal with child hunger. Although I do not really cook as much as I should, I can suggest my mom different products to try to incorporate in our meals. In order to be healthy you have to motivate others around to follow as well.

Food Rule

My important rule is "You are what you eat... so choose wisely." That rule is useful because it allows people to recognize their bad health problems.

