

# 西瓜 - 含豐富鐵質的水果

## Watermelon - The Iron Fruit

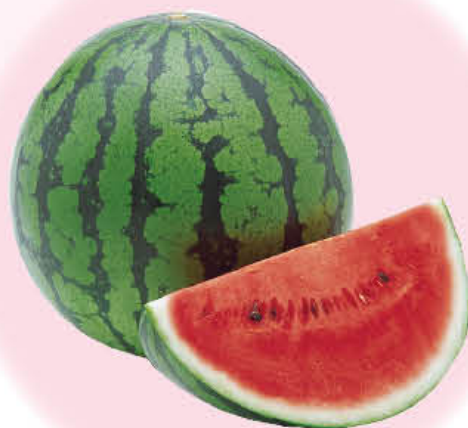
有很多人吃西瓜就只是因為它多汁而且甜美。其實西瓜有很多對身體有益之處，西瓜是含有最多鐵質的水果，同時含有豐富的維他命A和維他命C。

現在就讓我們一同看看西瓜的益處。

西瓜含有	對身體之益處
鐵質	增加能量
	促進新陳代謝
	強化及保護身體器官
	對懷孕及哺乳期的女性很重要，因為她們身體通常缺乏鐵質
	對兒童及青少年的身體成長及發展很重要
番茄紅素(抗氧化劑)	減低患前列腺癌及心臟疾病之機會
維他命B6	提昇腦部處理焦慮及恐慌之能力
維他命C	增強免疫系統，減低患白內障之機會
維他命A	抵抗傳染病

### 怎樣選擇一個成熟的西瓜？

首先，看一看西瓜表面，避免選擇表面有青瘀及傷痕的西瓜。跟著拿起它，感覺一下西瓜是否“重手”。最後拍一拍西瓜皮，聽一聽，如聽到清脆的聲音，這就表示西瓜已經成熟，可以讓你好好品嚐！



Many people eat watermelon just because of its sweet and juicy flavour. In fact, watermelon has tremendous health benefits. Watermelon is the richest fruit in iron; it is also rich in vitamin A and C.

Let us now take a closer look at the health benefits this fruit offers.

Watermelon contains	Health benefits
Iron	Boosts energy in our bodies
	Boosts metabolism
	Strengthens and protects all the organs within our body
	Is crucial for pregnant and lactating women whose bodies are usually lack of iron
	Plays a decisive role in the growth and physical development of children and teenagers
Lycopene (antioxidant)	Reduces the risk of prostate cancer and heart disease
Vitamin B6	Promotes chemicals in the brain that help people to cope with anxiety and panic
Vitamin C	Boosts the immune system, reduces the risk of cataract
Vitamin A	Helps the body fight off infection

### How to choose a watermelon that is ripe?

First, pick up the watermelon and see; avoid those with bruises and scars on the surface. Then, feel it; it should feel heavy for its size. After seeing and feeling, knock on its rind and listen. If you hear a sharp and vibrating sound, it is ready to be eaten! Let us now take a closer look at the health benefits this fruit offers.



## 西瓜橙汁

### 材料

西瓜 (切厚件)	3杯
橙	2個

### 製作

1. 把西瓜切成片狀
2. 榨出橙汁
3. 將橙汁及西瓜一同攪拌
4. 把果汁攪混

## 西瓜菠蘿汁

### 材料

西瓜	3杯
新鮮菠蘿	1 1/2 杯

### 製作

1. 把水果放入膠袋，再放入冰箱
2. 將已雪藏的生果攪拌
3. 可以加一杯水或果汁一同攪拌
4. 把果汁攪混

## Watermelon orange juice

### Ingredients

Watermelon (cut into thick pieces)	3 cups
Orange	2

### Directions

1. Cut the watermelon into thick pieces.
2. Squeeze the juice out of the oranges.
3. Blend the orange juice and the watermelon.
4. Stir and mix well.

## Frozen fruit juice

### Ingredients

Watermelon	3 cups
Fresh pineapple	1 1/2 cups

### Directions

1. Put the fruits in a plastic bag and freeze them.
2. Blend the frozen fruits.
3. You can add one glass of water or fruit juice in the blending.
4. Stir and mix well.

