



**Can You Believe
It's True?**

True Facts on FOOD



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**Crabtree
Branches**

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Feeling hangry? Then
stop reading! Go and
grab a snack.

Better now? Good! Get
ready to learn some
unbelievable food facts.



On the Farm

You know that fruits and vegetables are good for you. But did you know that eating too many carrots could turn your skin orange? That rhubarb makes a popping sound as it grows? Or that broccoli crowns are flowers that have not bloomed?



Don't worry if you forget to peel off the store stickers from fruits and vegetables.

They are safe to eat!



From the Forest

Some foods come from the wild. Honey starts as flower nectar collected by bees. If stored properly, honey never goes bad. Honey found in pots in ancient Egyptian tombs is still good to eat!





Pistachio nuts are picked from trees. But sometimes this can lead to trouble. If stored in large quantities, pistachios can burst into flames as a result of **spontaneous combustion**!

Seen at Sea

Seafood can be strange.

Raw oysters are alive when you eat them. So are the baby octopuses that get cut up to make sannakji.



What's the strangest ingredient in soft serve ice cream?

Seaweed!

Is it True?



Their tentacles are still twitching when they get to your plate. Chew these wigglers well! About six people choke to death every year while eating sannakji.