Cool Coconuts
Where do coconuts come from?

Who would have guessed that coconuts are not actually nuts! Coconuts are classified as a ‘drupe’, which means they are a fleshy fruit with a hard shell. They ‘droop’ from the tall Coconut Palms that grow in warm tropical climates. On the inside of the coconut shell, there is a layer of white ‘flesh’ which is delicious either raw or dried. Coconuts hold a clear liquid called ‘coconut water’ or ‘coconut juice’. The liquid is high in electrolytes, which are micronutrients that your body cells need to be able to work properly.

Here in Australia, most of the coconut products on our supermarket shelves are harvested in countries in Southeast Asia, like Thailand and Sri Lanka, or countries in the Pacific, like Fiji. Coconuts grow in bunches of 5 to 12 drupes, and it takes up to a year for them to mature from a flower into a ripe coconut!

Did you know that coconut oil is made by squeezing or pressing the flesh? Coconut oil is a good alternative to other cooking oils because it can withstand high temperatures for a longer period of time before it starts to burn.

Quiz

1. True or false: coconuts are nuts
2. What are electrolytes?
3. How long does it take for a coconut to grow from a flower into a fully grown drupe?