

Monday.

The Standard 英文虎報

LS LIFE

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Goodies



Be aware of

LYCHEES (荔枝) are so tasty, but remember never to eat lychees on an empty stomach! Why? It is because they can possibly kill you! How? Hypoglycin is a chemical found in lychees. This chemical

is toxic because it prevents the body from producing glucose, a sugar which is an important energy source. Despite that, lychees are also rich sources of fibres, vitamins and minerals. Moderation is always the key.

Lychees



Stevie, remember what the doctor said? You can only have one more.



Editor's Note

Hi! I have heard some crazy things in my lifetime. I once read about a person who ate a Big Mac every day for many years. I also heard about people who say they were taken away by aliens. But what about the idea that President Donald Trump could win the Nobel Peace Prize? I cannot think of anything he has done to promote world peace. But nobody thought that he would become the US president so let's not write off his chances yet! Turn to G06 to read about his nomination. Also in *Goodies*, we tell you about why we should not be scared of eating vegetables. Tell that to Big Dee who always runs away from broccoli! Read more on G03.





Chinese strawberries

LYCHEES were first discovered 2,000 years ago in Southern China, which is why they are also called the 'Chinese strawberry'.

Besides China, lychees today can also be found in tropical and subtropical areas around the world like India (印度), Nepal (尼泊爾), Bangladesh (孟加拉), Taiwan (台灣), Vietnam (越南), Indonesia (印尼), Thailand (泰國), Mexico (墨西哥) and the Philippines (菲律賓). Nevertheless, China and India are still the greatest producers of lychee in the world.



Lychees in different forms

APART from eating fresh lychees, we now see many different edible forms — lychee juices, lychee ice-creams and some people like to put lychees in their salad bowls. Lychees are also available in dried form.

Hidden danger

ONCE again, do not eat lychees on an empty stomach. We also should be careful about the seed of lychees. They contain a toxin that can affect our digestive system, so it is not a good idea to chew on it. However, Chinese doctors do think powdered lychees seeds have a medicinal purpose.

Other tropical fruits

Rambutan (紅毛丹)

THE rambutan got its name from the fuzzy exterior that looks like hair — *rambut* in Malay or Indonesian.



Jackfruit (大樹菠蘿)

IT is big and prickly on the outside. The jackfruit is the largest tree-borne fruit in the world and there may be as many as 100 seeds in a single one!



Durian (榴槤)

THE 'king of fruits' got its name because *duri* means 'thorn' in the Malay and Indonesian language. Durian has a strong and peculiar smell — some love it and some hate it! This fruit is a good source of fiber, Vitamins B6 and C, and more.

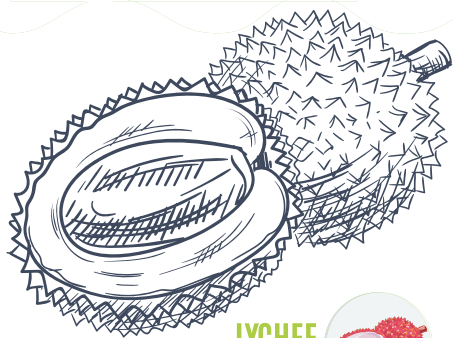


Salak (蛇皮果)

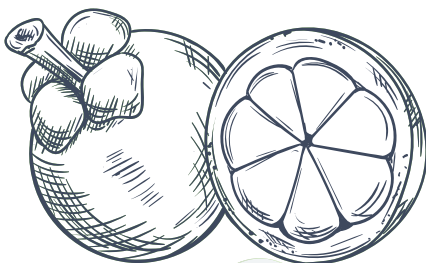
THE fruit consists of three lobes, like large peeled garlic cloves. The taste is sweet and a bit sour, and its texture is crunchy like an apple.



Colour in the tropical fruit.



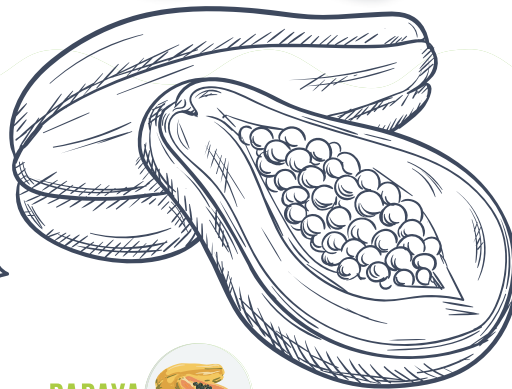
LYCHEE



MANGOSTEEN



CARAMBOLA



PAPAYA

