

# NORWICH SCIENCE FESTIVAL

## At home



# FRUIT SUPERHEROES

### DID YOU KNOW THAT FRUITS ARE ACTUALLY SUPERHEROES? IT'S TRUE!

Many fruits contain flavonoids, which are compounds that are found in nature. You can also find them in vegetables and other plant-based food products.

There are six different kinds of flavonoids found in foods, and each helps your body in a slightly different way.

#### Flavanols

**Found in:** onions, kale, grapes, tea, peaches, berries, tomatoes, lettuce, spring onions, broccoli.

Known for their antioxidant properties, flavanols may help manage symptoms of cardiovascular disease.

#### Flavan-3-ols

**Found in:** apples, purple and green grapes, blueberries, strawberries, cocoa, white tea, green tea.

Rich in nutrients, these curiously-named flavonoids may help to maintain the elasticity of your blood vessels.

#### Flavones

**Found in:** red peppers, celery, chamomile, peppermint, parsley.

Flavones are real multi-taskers! They give blue and white flowering plants their colour and work as a natural pesticide, protecting plants from harmful insects. In our bodies, they act as antioxidants and help reduce inflammation.

#### Flavanones

**Found in:** lemons, limes, oranges, grapefruit.

Flavanones are known for their anti-inflammatory properties and may be beneficial for the heart and blood vessels.

#### Isoflavones

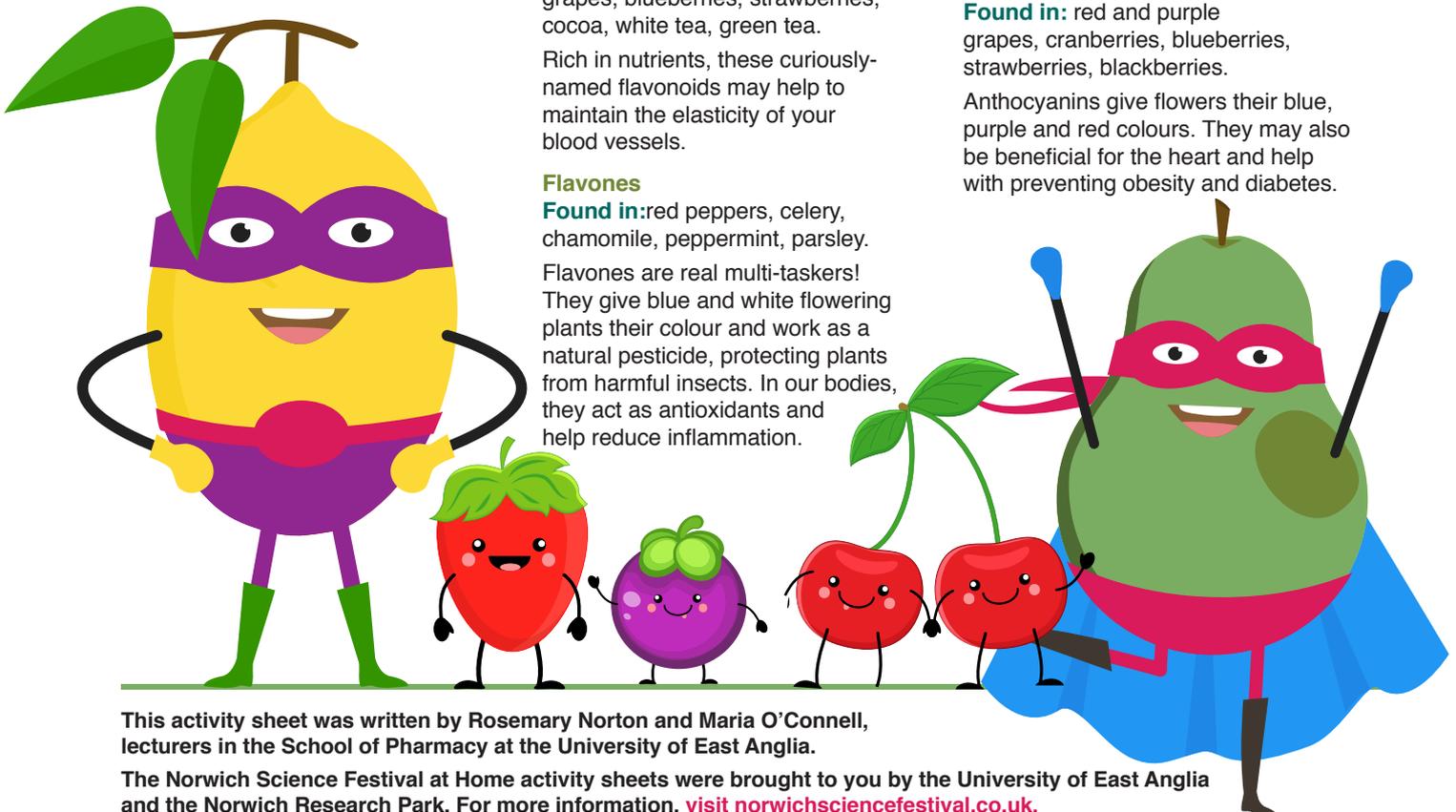
**Found in:** soy, soy products, other legumes such as fava beans.

Isoflavones may help keep the hormones in your body balanced.

#### Anthocyanins

**Found in:** red and purple grapes, cranberries, blueberries, strawberries, blackberries.

Anthocyanins give flowers their blue, purple and red colours. They may also be beneficial for the heart and help with preventing obesity and diabetes.



This activity sheet was written by Rosemary Norton and Maria O'Connell, lecturers in the School of Pharmacy at the University of East Anglia.

The Norwich Science Festival at Home activity sheets were brought to you by the University of East Anglia and the Norwich Research Park. For more information, visit [norwichsciencefestival.co.uk](http://norwichsciencefestival.co.uk).

# DESIGN YOUR VERY OWN FRUIT SUPERHERO!

- 1: Print out the fabulous fruit below.
- 2: Use the list on the previous page to find out which flavonoids that fruit contains. You might need to use the internet to do some research of your own for some of the fruits – please check with an adult before going online.
- 3: What superhero qualities do flavonoids give each fruit? With these superhero qualities in mind, turn each fruit into a superhero! You can use pens, pencils, crayons, paint, collage or a computer to create your fruit superheroes – get creative!
- 4: Show us your creations by asking an adult to post pictures on social media using #NorwichSciFestAtHome.

