

## Pomegranate - Answers



### Task 1

Watch the video and answer the following question. What are the main topics the video talks about? Name at least three.

1. Why are pomegranates good for our diet
2. How do the nutrients in a pomegranate differ from those in grapes
3. How to buy a good quality pomegranate
4. How to break down a pomegranate
5. Storage of pomegranates
6. Recipes

### Task 2

Watch 0.00 - 1.25 min and answer the following questions.

1. What do pomegranate's seed taste like?  
sweet and tart; like a cranberry mixed with a grape.
2. What is folate important for?  
Cell production, especially important for pregnant women
3. How much vitamin C does a half cup of pomegranate seeds contain?  
20%
4. Besides maintaining healthy immune system, what is vitamin C important for?  
Good to improve iron and antioxidant absorption.

### Task 3 Pomegranate and Grapes - Nutrition facts

Watch from 1.25 - 1.55 and write P or G next to each question as well as the figure where possible for question 1 and 2.

1. Which fruit is higher in calories? P
2. Which is higher in sugar? G (70 - 80%)

For the following questions, fill in the gaps.

3. Pomegranates are 11 times higher in folate than grapes.
4. Pomegranates are 4 times higher in fibre than grapes.
5. Pomegranates rank over 1 000 points higher on an ORAC, antioxidant scale than grapes.
6. Pomegranates are also higher in vitamin C and K.

### Task 4 Shopping for the best pomegranate

Watch from 1.55 - 2.15 and write down all the adjectives you hear in this part. Which adjective are in the comparative form (e.g. smaller)?

Firm, red, consistent (colour), smooth, not leathery and dry (skin), **denser, heavier, juicier**

### Task 5 Breaking up a pomegranate (2.15 - 3.00)

Describe the two methods of breaking up a pomegranate. Use full sentences and **passive voice**.

#### 1. *Water bath method*

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#### 2. *The spoon method*

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### Task 6 Pomegranate recipes (3:15 - 4.35)

There are 1 or 2 ingredients missing in some of the following recipes. Watch the video and find out.

#### ***Simple POM yoghurt***

honey, yoghurt, arils

#### ***Pom meat marinade***

chilli flakes, salt, **balsamic vinegar**, pom vinegar, honey, soya sauce, **pepper**, dijon mustard

#### ***Pom orange cocktail***

OJ, POM juice, vodka, **lime**

#### ***Pom goat cheese salad***

**walnuts**, onion, goat cheese, **orange**, pom vinegar, olive oil, egg, pom arils

#### ***Wild rice w/Pom***

Wild rice, almonds, pom vinegar, **garlic**, olive oil, pom arils, salt, pepper

### Follow up

Discuss with your partner:

1. Which of the above recipes do you like?
2. When could you eat/drink them? Would you add any other ingredient?

### Task 7 Your recipe

Design your own recipe with pomegranate seeds or juice. Post the recipe as a comment on the website.