

Roots Infographic

FOR NUTRITION AND HEALTH

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variety of roots:

Potato

- History:
 - In Indonesia, potato (*Solanum tuberosum L.*) was first discovered in 1794 in the Cisarua area, Cimahi, West Java. The first potato imported to Indonesia was Eigenhiemer.
- Preparing & serving :
 - Potato must be scrub with water to remove the dirt. Potato can be cooked in many kinds of way such as roasted, boiled, steamed, deep fried, pan fried.
- Nutrition:
 - carbohydrates, fiber, protein, antioxidants, potassium, folate, vitamin B6, vitamin C
- Example dishes :
 - Roasted Potato Wedges



example dishes:



Carrots

- History:
 - Carrot was domesticated in Asia in the 10th century before being brought to Europe two centuries later. The orange variety emerged in the Netherlands in the 17th century and soon became popular.
- Preparing & serving :
 - Cut the top and wash the carrot then peel the skin off. Carrot can be cooked in many ways such as roasted, boil, stew, baked, stir fry, steamed, and you also can eat them raw
- Nutrition:
 - vitamins, minerals, biotin, potassium, vitamin A, beta carotene, vitamin K1, and B6.
- Example dishes :
 - Honey Glazed Carrot



Beets

- History:
 - The beet is believed to have originated along the Mediterranean coast and was first cultivated for its edible leaves. These beets are white or black in color and are known as Roman beets.
- Preparing & serving :
 - Always clean the beets first before cooking. Beets can be steamed, roasted, boiled, or any cooking technique that required less process to preserve beets flavour.
- Nutrition:
 - folic acid, potassium, fiber, vitamin C, magnesium, iron, phosphorus, tryptophan, coumarin, asyanine.
- Example dishes :
 - Beet Hummus, Beet emulsion

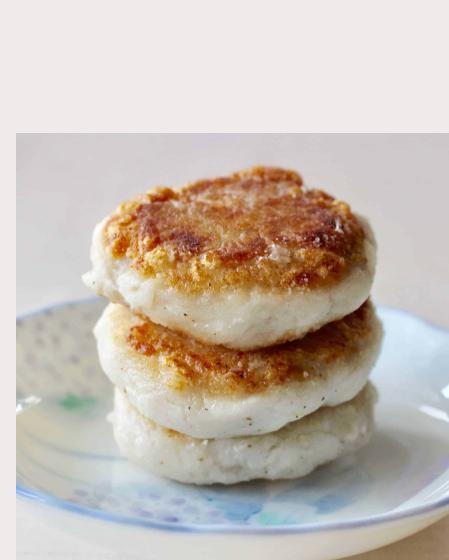


Sweet potato

- History:
 - Sweet potatoes are native to Central and South America. then sweet potato was discovered in Polynesia from about 1000 to 1100 AD.
- Preparing & serving :
 - Sweet potato must be scrub with water to remove the dirt. Sweet potato can be cooked in many kinds of way such as roasted, boiled, steamed, deep fry.
- Nutrition:
 - carbohydrates, glucose, fructose and maltose, starch, fiber, fat, protein, and vitamin pro.
- Example dishes :
 - Baked Sweet Potato

Taro

- History:
 - It originates from the Bay of Bengal region in Southeast Asia. introduced to Japan more than 2500 years ago.
- Preparing & serving :
 - Wear gloves or oil your hands when preparing taro. Blanch taro in boiling water for 5 minutes, the calcium oxalate crystals will disappear. But first, you must remove the taro thick slightly hairy peel with a knife under running water to avoid the stickiness. You can roast, stir fry, boil, and braise taro.
- Nutrition:
 - vitamin e, carbohydrate.
- Example dishes :
 - Taro Fritters





Cassava

- History:
 - Cassava comes from tropical America and was first introduced to Africa in the Congo basin by the Portuguese around 1558.
- Preparing & serving :
 - Before peeling, the cassava should be rinsed and the ends cut off. Stand the root up on its end and slice vertically along the edges until the skin has been completely peeled off. It depends on how you going to cook the cassava but it is better to cut the core out first before cooking. You can deep fry, steam, stir fry, and roast cassava
- Nutrition:
 - zinc, magnesium, selenium, phosphorus, vitamin A, B vitamins, antioxidants, polyphenols and flavonoids.
- Example dishes :
 - Deep Fried Cassava

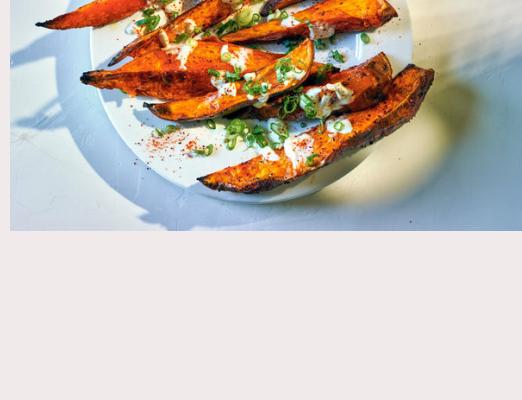
Onions

- History:
 - Onions are thought to have originated more than 5000 years ago in Central Asia and are one of the most ancient food sources.
- Preparing & serving :
 - Peel and slice the onion as called for in your recipe, then submerge them in a bowl of cold or ice water. Let them sit for at least ten minutes, stirring once or twice, before draining and using them in your recipe.
- Nutrition:
 - Onions contain compounds that function as antioxidants, antibacterial, anticancer, and anti-inflammatory.
- Example dishes :
 - Onion Rings



Yam

- History:
 - The yam was first domesticated in West Africa around 5000 BC. Africans refer to sweet potatoes as "nyami", & now they are called "yams".
- Preparing & serving :
 - Before cooking you should wash and peel the skin of the yams. Yams can be prepared much like potatoes or sweet potatoes even deep-fried in wedges like French fries. In addition to boiling, roasting or baking them, they can be mashed or pounded into thick soups or porridges, such as the traditional fufu or African porridge.
- Nutrition:
 - carbohydrates, protein, sodium, calcium
- Example dishes :
 - Roasted Yams



Arrowroot

- History:
 - Arrowroot is native to the tropics of Central America, South America, and the West Indies and has been cultivated since 8200 BC.
- Preparing & serving :
 - Arrowroot is washed and peeled, you can boil, stir fry, and fry them but it's more common to see arrowroot made into a powder or flour.
- Nutrition:
 - starch is useful as a source of carbohydrates, saponins and flavonoids, folic acid.
- Example dishes:
 - Arrowroot Halva



Radish

- History:
 - Radishes originated in China thousands of years ago and gradually spread westward. They became an important food of ancient Egypt, Greece, and Rome.
- Preparing & serving :
 - Wash, then chop off the greens, then slice off the root radishes can be sliced, diced or grated. Radish can be pickled, stir fry, toast, grill and you can even eat them raw.
- Nutrition:
 - calories, B vitamins, choline, antioxidants, and other minerals, such as zinc, iron, manganese, sodium, selenium, and magnesium.
- Example dishes :
 - Radish Carpaccio

