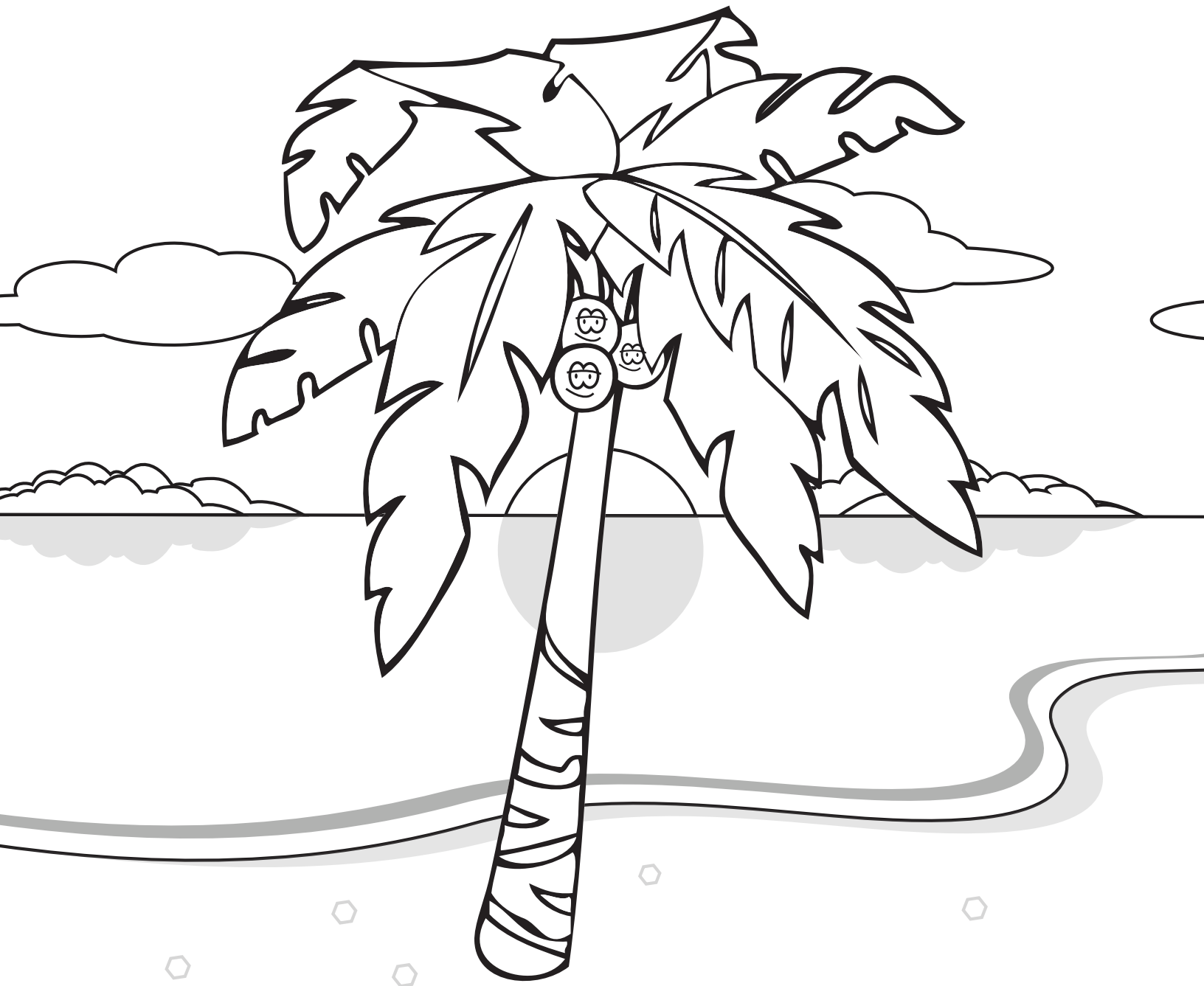


COCONUT - The TREE OF LIFE

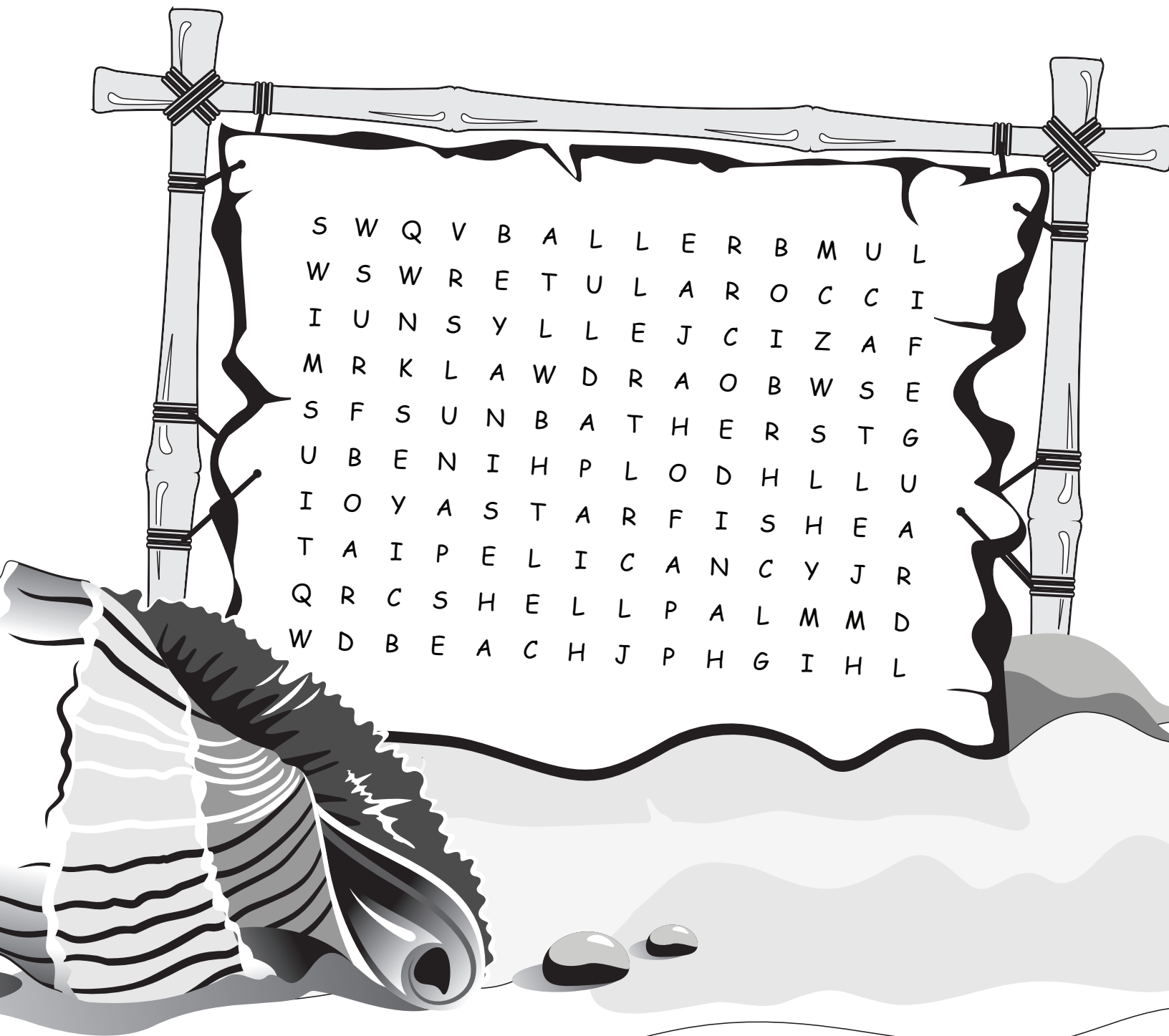


COCONUT BAY BEACH RESORT & SPA
ST. LUCIA, WI

Coconut trees belong to the plant family known as Arecaceae and are the only species of the genus *Cocos*. They can grow up to 30 meters high. Coconuts are the seeds of the coconut palm tree and considered a type of nut. The "meat" of the coconut is high in protein; whereas the milk is refreshing, light and low in sugar. However, when using loose definitions, the coconut can be all three: a fruit, a nut, and a seed. A coconut, and all drupes, have three layers: the exocarp (outer layer), the mesocarp (fleshy middle layer), and the endocarp (hard, woody layer that surrounds the seed). Every bit of the coconut is used. As a result, coconuts are called the "Tree of Life" and can produce drink, fiber, food, fuel, utensils, musical instruments, and much more.

It takes 11 -12 months for the coconut to mature. Coconut fruit produces buko, considered a delightful delicacy and largely used for making preserves, pastries, ice-cream, coconut chips and coconut candies. Coconut water is composed of many naturally occurring bioactive enzymes. In effect, these enzymes help in the digestion and metabolism. Coconut milk is made by processing grated coconut with hot water or milk, which extracts the oil and aromatic compounds. Coconut milk helps in warding off colds and coughs by keeping the immune system healthy.

AT THE BEACH - WORD SEARCH



S	W	Q	V	B	A	L	L	E	R	B	M	U	L
W	S	W	R	E	T	U	L	A	R	O	C	C	I
I	U	N	S	Y	L	L	E	J	C	I	Z	A	F
M	R	K	L	A	W	D	R	A	O	B	W	S	E
S	F	S	U	N	B	A	T	H	E	R	S	T	G
U	B	E	N	I	H	P	L	O	D	H	L	L	U
I	O	Y	A	S	T	A	R	F	I	S	H	E	A
T	A	I	P	E	L	I	C	A	N	C	Y	J	R
Q	R	C	S	H	E	L	L	P	A	L	M	M	D
W	D	B	E	A	C	H	J	P	H	G	I	H	L

Circle the 18 words listed. Words appear straight across, up and down, and diagonally.

BEACH
CORAL
JELLY
PELICAN
SHELL
SURFBOARD

BALL
DOLPHIN
LIFEGUARD
CASTLE
STARFISH
SWIMSUIT

BOARDWALK
HIGH
PALM
SEA
SUNBATHERS
UMBRELLA



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