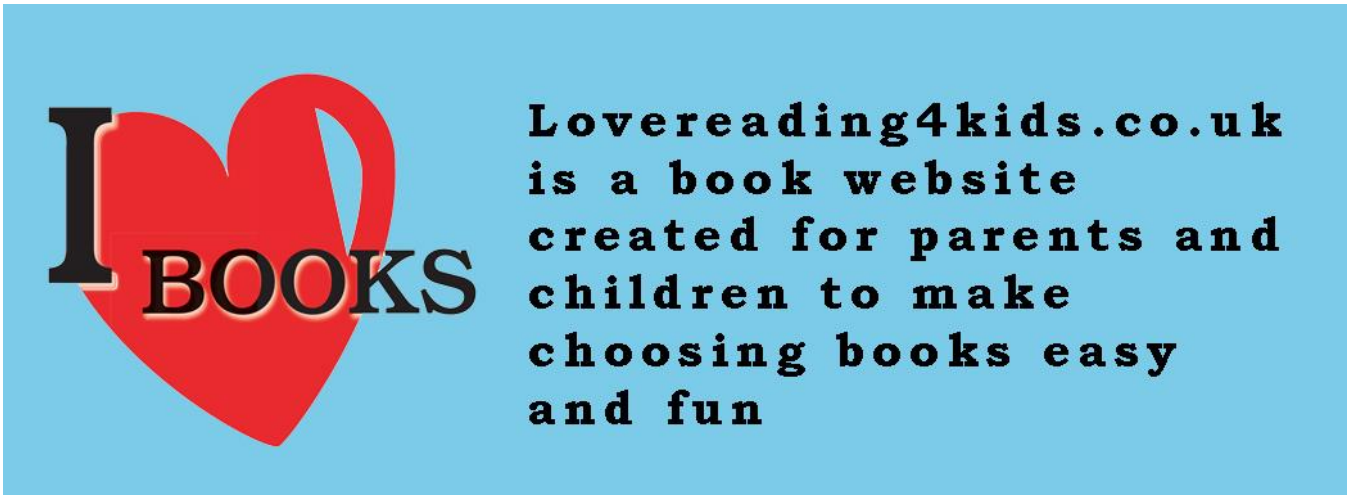


Opening extract from

# In Focus

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For Mum, Dad, Katie
and inquisitive minds
everywhere

– *Libby Walden*

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# IN FOCUS



## Close-ups

Enjoy a fresh perspective by looking at the wonders of the world from the outside, in.



## Cross sections

This super-sized book slices its way through 101 objects, animals and buildings to reveal some extraordinary interiors.



## Cutaways

Lift the giant flaps on every spread to see what delights are hiding inside...

360 degrees

Outside

# Fruit and Vegetables

Illustrated by Jessie Ford

Brightly coloured fruit and vegetables should be eaten as part of a balanced diet as they are a good source of vitamins, minerals and fibre. But there is a lot more to these good-for-you foodstuffs than meets the eye...

Did you know...?
Pomology is the name for the study of fruit and the science of vegetable growing is called olericulture.



## Carrot

Carrots get their characteristic orange colour from a large number of hydrocarbons, known as carotenes.



## Radish

Radishes are fast-growing root vegetables that transform from seed to eating plants in just 25 days!



## Broccoli

The word 'broccoli' comes from the Latin *brachium*, meaning arm or branch, and is a name that suits this tree-like vegetable!



## Red cabbage

Also known as purple cabbage or red kraut, this colourful vegetable will normally turn from red to a deep blue/purple when cooked.

## Peas

The earliest cultivated pea was found in Spirit Cave on the Thai-Burma border and dates back to 9750BC!



## Red onion

Red onions are incredibly versatile and can be eaten raw, cooked, pickled and often in sauces and chutneys.





## Peach

The world's largest producer of peaches is China, where it is a symbol for good luck, protection and long life.



## Kiwi fruit

This small, furry fruit has had many names, including the Chinese gooseberry and the yang tao (strawberry peach).



## Strawberry

One strawberry will have roughly 200 little seeds on its outside. This means that it's not technically a berry at all!



## Apple

This popular crunchy fruit, as well as the plum, raspberry and peach, is genetically related to the rose family.



## Pomegranate

The name of this shiny red fruit comes from the Latin *pomum granatum* meaning apple of many seeds.



## Orange

Oranges are food powerhouses, containing lots of beneficial vitamins and minerals, including high levels of Vitamin C.



## Pepper

This popular salad ingredient is actually a fruit, as it grows from a flowering plant and contains seeds within its body.



## Tomato

Tomatoes are the world's most popular fruit, with over 100 million tonnes produced a year across 144 countries.



## Grapes

There are over 8,000 grape varieties grown across the globe.



## Banana

Bananas are picked when their skins are green but as they ripen and their natural sugar content increases, they turn yellow.


Inside
Fruit and Vegetables
Illustrated by Jessie Ford
Radish
Broccoli
Carrot
Vegetables
Fruit
Peach
Kiwi fruit
Strawberry
Pomegranate
Apple
Grapes
Orange
Banana
Pepper

*Inside*

# Fruit and Vegetables

*Illustrated by Jessie Ford*

A diet filled with fruit and vegetables is not only colourful but will help to keep you healthy! By eating lots of different fruits and veg, you will protect your body from nasty illnesses, so try to get at least five portions a day to keep those colds at bay!

## Radish

The strong and unique flavour of a radish comes from an isothiocyanate compound. It is not been a long, hot summer the radish is more likely to have a hot, strong taste whereas if the summer is mild, so too is the radish.

From a peasant in China, radish crops spread through the Northern Hemisphere and into Europe by the 1600s.

In Oaxaca, Mexico, 23rd December is a radish festival day in order to celebrate Noche de Rabanos (night of the radishes). Scenes and figurines are carved from the red and white root vegetable and then displayed for all to see!

In Ancient Egypt, radishes, onions and garlic were used as wages to make payment to the labourers working on the construction of the pyramids.




## Broccoli

The largest producer of broccoli in the world is China, where 8 million tons (7.28 million kg) of the green superfood is produced a year!



Ten florets of chopped broccoli have the Vitamin C equivalent of an orange.

## Red cabbage

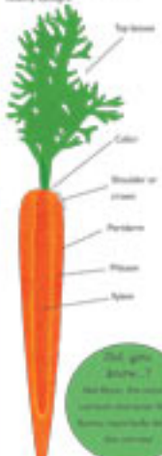


## Peas



## Carrot

The age-old rumour that carrots can help you to see in the dark comes from the high volume of carotenes contained in carrots. The human body converts the carrot's beta carotenes into Vitamin A, which is an essential enzyme for maintaining keen and healthy eyesight.




Did you know...? Red Nantes, the name of carrots derived from Nuits-Nantes, were bulbs, not the first carrots!



## Vegetables

A vegetable is any edible part of a plant, such as a root, stem or leaf.

Roots, tubers, bulbs, stems, leaf stems, leaves, buds, flowers, and seeds can all be classified as vegetables.





## Fruit

A fruit is a sweet-tasting seed-bearing structure that develops from the ovary of a flowering plant.

Berries, stone or drupe (such as plums and cherries) and pome (such as apples and pears) are all fruits.



## Peach

This fuzzy-skinned fruit can be divided into two categories – clingstone or freestone – depending whether the flesh sticks to the central stone or not.




Most little pit, stone, or pannel with a seed (kernel) inside.

## Strawberry

The strawberry is a deceptive little fruit. It isn't really a berry, or pit. The seeds grow on the outside of the strawberry, whereas traditional berries have their seeds on the inside.




## Pomegranate

This ancient pomegranate is a superfruit of edible, crisp seed arils in juicy, sweet-sour, antioxidant-rich pulp, called aril.

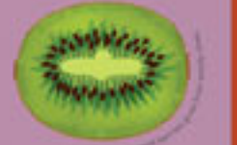
It is full of superfruit antioxidants, high in vitamin C and potassium, and is a wonderful snack.



It is the seed and pulp, the pomegranate aril, that is known as the fruit of the dead – quaint!

## Kiwi fruit

The kiwi fruit (when she feeled to kiwi) is the national national fruit of China as it is native to the country. Traditionally, it was given to children to keep them grow and was considered to be a celebration for women who had just given birth.



These soft and sweet flesh is full of vitamins.

A kiwi contains twice as much Vitamin C as an orange.

## Apple

There are more than 7,500 varieties of apple grown across the globe. If you were to follow the old saying 'an apple a day keeps the doctor away', it would take you more than 20 years to try every variety!

Apples contain no fat, sodium or cholesterol and are a good source of fibre.

Apples float in water because they are 25% air, making them perfect for bobbing!




## Tomato



To date, the heaviest tomato, according to Guinness World Records, weighed 3.804kg (8 kilos) and was grown in 2020 by D. Mirelis of Minnesota, USA.

## Banana

Bananas are slightly radioactive as they contain a high level of potassium. But fear not! Their naturally occurring radiation has very little effect on the human body – phew!

The scientific name for banana is musa sapientum, which means fruit of the wise man.



Bananas grow in hanging bunches and a row of bananas can sometimes be referred to as a hand, which means that a single banana could be called a finger!

## Grapes

A person will, on average, consume 1.5kg (3lbs) of grapes a year.

Grapes grow along a vine in garland clusters of approximately 75 grapes, otherwise known as a bunch.

Grapes are 80% water and, when fermented into an alcoholic drink, they can literally turn water into wine!




## Orange




When come first, the colour or the fruit? The citrus fruit claimed the name first from the ancient Sanskrit word 'lol' orange-red – namraga. By the 1500s the word began to be used for the colour, which had previously been called 'geolrosse' meaning yellow-red.

The pips of two to four oranges will fill a glass and make one of the most popular breakfast drinks in the world.

## Pepper

The pepper is not seasonal, which means that it can be enjoyed all year round. It comes in all sorts of colours – the most common being green, red, yellow and orange.

Peppers are actually fruits because they are produced from a flowering plant and contain seeds.

Green peppers, as the most common, are slightly more bitter than other coloured peppers.



Outside

# Homes

Illustrated by Thomas Pullin

A house is the building in which humans live, eat and sleep. Some houses are fixed in one place whilst others are more mobile. They can host one or more families, a couple, a tribe or an individual.

## Indonesian tree house

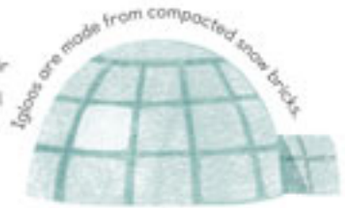
In the jungles of Papua, Indonesia, these special houses are built to defy gravity and allow the Korowai people to live high amongst the treetops in homes that can contain up to a dozen family members.



Some families live 34m (111.5ft) above the ground!

## Igloo

Called igluvigak by their Inuit users, these small icy huts are often built as temporary shelters on hunting trips.






## Swiss chalet

Chalets are often found in the mountains of Western Europe.



## Vardo

The Romani people used these highly decorated horse-drawn wagons for their homes in the late 1800s and early 1900s.

## Musgum mud hut

As an excellent example of an 'earth structure', this style of mud hut is the traditional dwelling of the Musgum people of Cameroon, West Africa. They are hand-built and are made from natural materials.



## Dentoutekina

Whilst Japanese architecture has modernised greatly, the flexible interior space of the dentoutekina has kept this traditional-style Japanese home popular and in demand.



## Yurt

Used by the nomadic tribes of East and Central Asia, the yurt is a large, round, portable tent.





## Cave house

Houses can be carved from rock.

## Houseboat

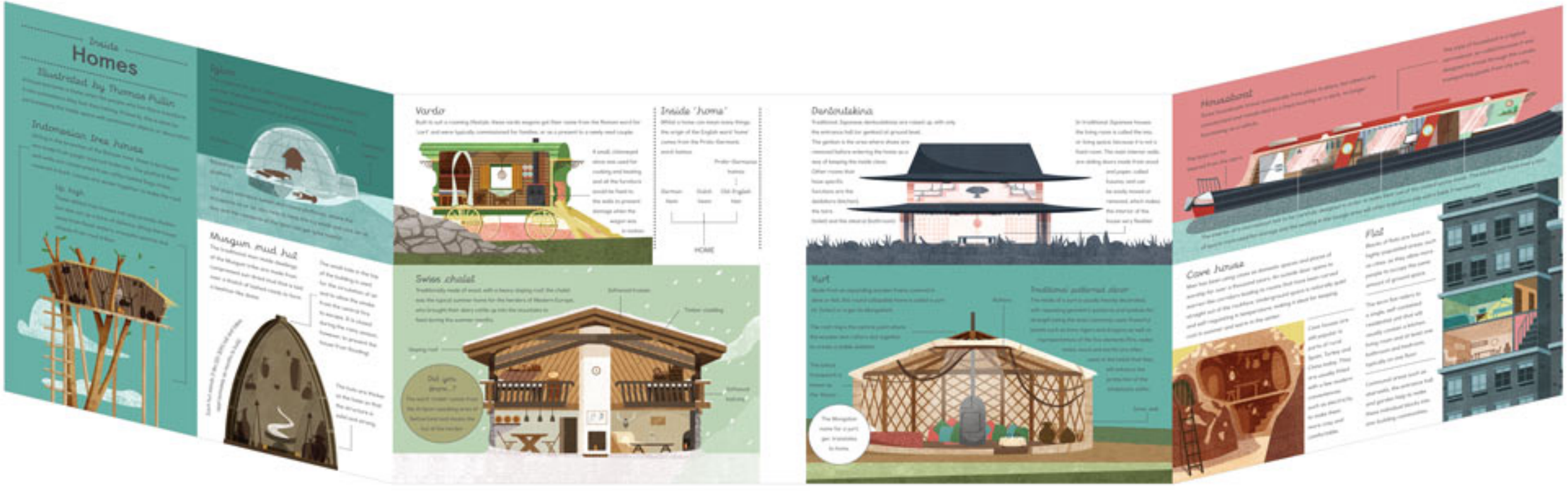
All houseboats are boats that have been designed or modified into a domestic living space.



## Flat

These tall buildings are made up of individual, self-contained homes that are stacked on top of each other, like building blocks.




Inside
Homes
Illustrated by Thomas Pullin
Indonesian tree houses
Igloo
Mungum mud hut
Vardo
Inside "home"
Swiss chalet
Did you know...?
Dorōtsukina
Yurt
Houseboat
Cave houses
Flat

# Inside Homes

## Illustrated by Thomas Pullin

### Indonesian tree house

Sitting in the branches of the Banyan tree, these tree houses are made from jungle sourced materials. The platform floor and sides are constructed from rattle bamboo (bigger, heavier, rooted in land). Leaves are woven together to make the roof.

### Up high

These stilted tree houses not only provide shelter but double up as the local lookout. Sitting the house range from fixed options, naughty twenty-card versions from road tribes.



### Igloo



### Vardo

Built to suit a roaming lifestyle, these vardo wagons got their name from the Romani word for 'cart' and were typically commissioned for families, or as a present to a newly wed couple.



A small, chimneyed stove was used for cooking and heating and all the furniture would be fixed to the walls to prevent damage when the wagon was in motion.

### Inside 'home'

Within a home can mean many things, the origin of the English word 'home' comes from the Proto-Germanic word haimaz.




### Musgum mud hut

The traditional mori made dwellings of the Musgum tribe are made from compressed sun-dried mud that is laid over a thatch of baked reeds to form a beehive-like dome.

The small hole in the top of the building is used for the circulation of air and to allow the smoke from the central fire to escape. It is closed during the rainy season, however, to prevent the house from flooding.



The huts are thicker at the base so that the structure is solid and strong.

### Swiss chalet

Traditionally made of wood, with a heavy, sloping roof, the chalet was the typical summer home for the herders of Western Europe who brought their dairy cattle up into the mountains to feed during the summer months.




Did you know ?

The word 'chalet' comes from the Arabian 'qasaba', a kind of Sudan land and means the hut of the herder.

### Dandoudakina

Traditional Japanese dandoudakina are raised up, with only the entrance hall (or genkan) at ground level.

The genkan is the area where shoes are removed before entering the home as a way of keeping the inside clean.

Other rooms that have specific functions are the dakdokoro (kitchen), the tatami (toilet) and the ofuro (bathroom).



In traditional Japanese houses the living room is called the ma, or living space, because it is not a fixed room. The main interior walls are sliding doors made from wood and paper, called fusuma, and can be easily moved or removed, which makes the interior of the house very flexible.

### Houseboat

Some houseboats in most navigability from place to place, but others are anchored and remain, tied to a fixed mooring or a dock, no longer functioning as a vehicle.

The bank can be pleasant from the stern.

The interior of a narrowboat hole is be carefully designed in order to make best use of the limited space inside. The kitchen will have over a lots of space in order used for storage and the seating in the lounge area will often transform into extra beds if necessary.

### Yurt

Made from an expanding wooden frame covered in skins or felt, this round collapsible home is called a yurt (or Ger/Gher in Mongolian).

They can be up in quick when the wooden slats collapse and together to create a stable dwelling.

The lattice framework is known as the 'Khana'.




The Mongolian name for a yurt, ger, translates to home.

#### Traditional patterned decor

The inside of a yurt is usually heavily decorated with repeating geometric patterns and symbols for strength (using the most colourful used. Powerful beasts such as lions, tigers and dragons, as well as representations of the five elements (fire, water, earth, wood and metal) are also often used in the belief that they will provide the protection of the inhabitants within.

### Cave house

Man has been using caves as domestic spaces and places of worship for over a thousand years. An outside door opens to narrow like corridors leading to rooms that have been carved straight out of the rockface. Underground space is naturally quiet and self-regulating in temperature, making it ideal for keeping cool in summer and warm in the winter.



Cave houses are still popular in parts of rural Spain, Turkey and China today. They are usually fitted with a few modern conveniences, such as electricity, to make them more cosy and comfortable.

### Flat

Blocks of flats are found in highly populated areas, such as cities, as they allow more people to occupy the same amount of ground space.

The term flat refers to a single, self contained residential unit that will usually contain kitchen, living room and at least one bathroom and bedroom, typically on one floor.

Communal areas such as corridors, the entrance hall and garden help to make these individual blocks into one building communities.

