

Fruit and vegetables

Fruit and vegetables are good for us. They help us grow and stop us from falling ill. We should eat some fruit and vegetables every day.

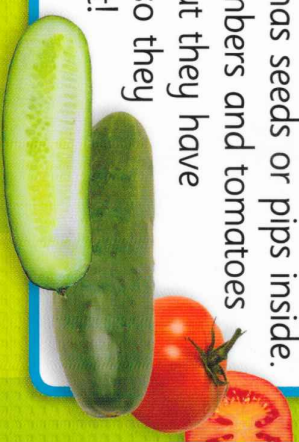
We can eat fruit raw. We also eat cooked fruit in pies and cakes. We eat some vegetables raw. Carrots and lettuce taste good in salads. We cook most vegetables before we eat them.

Here is a shopping list of fruit and vegetables. Which ones do you like to eat?

Shopping list



AMAZING!
Fruit always has seeds or pips inside. We call cucumbers and tomatoes vegetables, but they have seeds inside, so they are really fruit!



talk time

- Look at the shopping list. Which pictures show fruit and which pictures show vegetables?
- Which vegetables would you put in a salad?
- How would you make a fruit salad?
- Why are fruit and vegetables good for us?
- How many vegetables are there on the list?

