

FRUIT AND VEGETABLES



WHAT ARE FRUIT AND VEGETABLES?

Fruit and vegetables are healthy foods that come from plants. People have been growing and eating them for thousands of years. Fruit and vegetables grow in many places around the world. Some, like apples and carrots, grow in cool weather. Others, like bananas and tomatoes, need warm, sunny weather to grow.

WHY ARE THEY GOOD FOR US?

Fruit and vegetables are full of vitamins and minerals. These help our bodies stay strong and healthy. Eating them gives us energy to play and learn. Eating fruit and vegetables every day is important. Try to eat many colours, like red apples, green spinach, and orange pumpkins. This helps your body get all the things it needs. Fruit and vegetables are delicious, colourful, and good for everyone.

EXAMPLES OF FRUIT

Fruit is sweet and juicy. Some examples are oranges, bananas, and grapes. They can be eaten fresh, dried, or made into juice.

EXAMPLES OF VEGETABLES

Vegetables are often less sweet than fruit. Examples include carrots, broccoli, and potatoes. They can be eaten raw in salads or cooked in soups and stews.

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[Facts about Fruit and Vegetables](#)

EXAMPLE QUESTIONS:

1. What are fruit and vegetables, and where do they come from?
2. Why are fruit and vegetables good for us?
3. Can you name three examples of fruit?
4. Can you name three examples of vegetables?
5. Why is it important to eat many different colours of fruit and vegetables?