

Fantastic fruit

Fruit grows on trees, bushes and plants. All flowering plants have seeds. The fleshy fruit is what forms round the seeds to protect them. How many different sorts of fruits can you think of? Have they got lots of little seeds or one big one like a stone?

Oranges and lemons

Oranges, lemons and limes are called citrus fruits. Other citrus fruits are satsumas, mandarins, clementines and grapefruit. They all grow on trees. The pips inside them are the seeds of the trees.



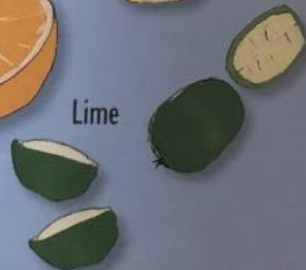
Lemon



Orange



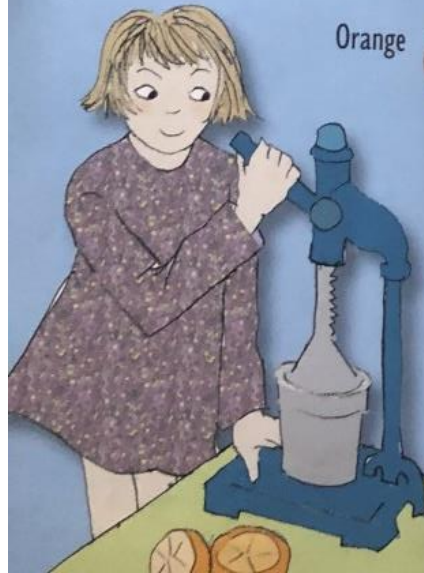
Lime



Freshly squeezed fruit juice is packed with vitamins.



Grapefruit



Oranges are picked and put into big tubs. Then they go to a packing house to be checked, washed and labelled.

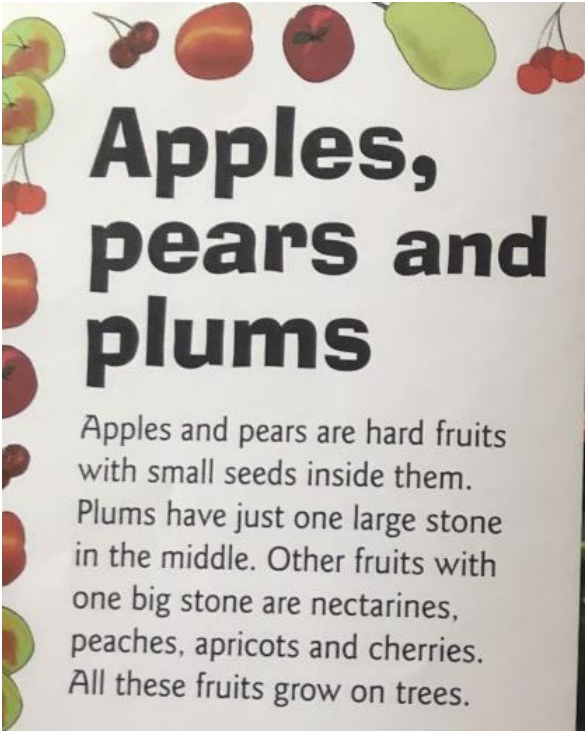


Satsuma



Clementine

Citrus fruits are full of Vitamin C. This helps to keep the body strong to fight off illness.



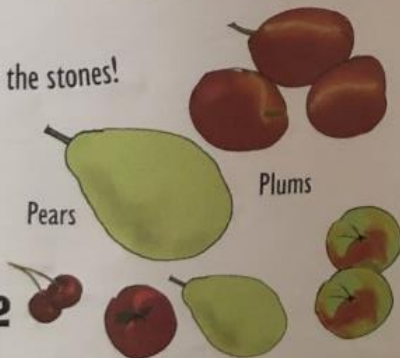
Apples, pears and plums

Apples and pears are hard fruits with small seeds inside them. Plums have just one large stone in the middle. Other fruits with one big stone are nectarines, peaches, apricots and cherries. All these fruits grow on trees.

Watch out for the stones!



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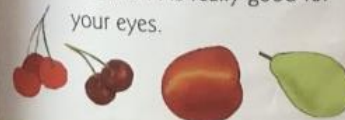


Apples have to be picked by hand because machines would bruise them. They are washed and then stored in cold buildings to keep them fresh.

Make a juicy fruit salad with all your favourite fruits.



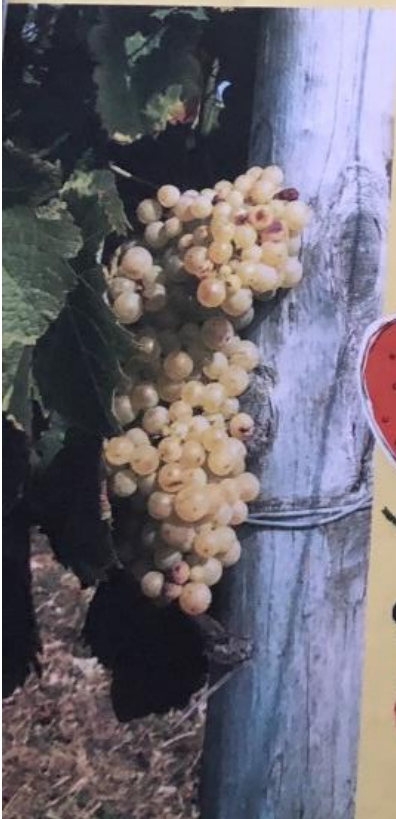
When you eat one of these delicious fruits you are giving your body all sorts of helpful nutrients and fibre. Peaches, nectarines and apricots have loads of Vitamin A in them. Vitamin A is really good for your eyes.





Berries and grapes

Strawberries, raspberries, blueberries and blackberries are all loaded with Vitamin C. Berries are delicious eaten just as they are. They can also be mixed into yogurts or cooked to make jam.



Grapes grow in big bunches on long, trailing plants called vines. You can get green or black grapes. Some grapes are dried to make raisins.

Strawberries



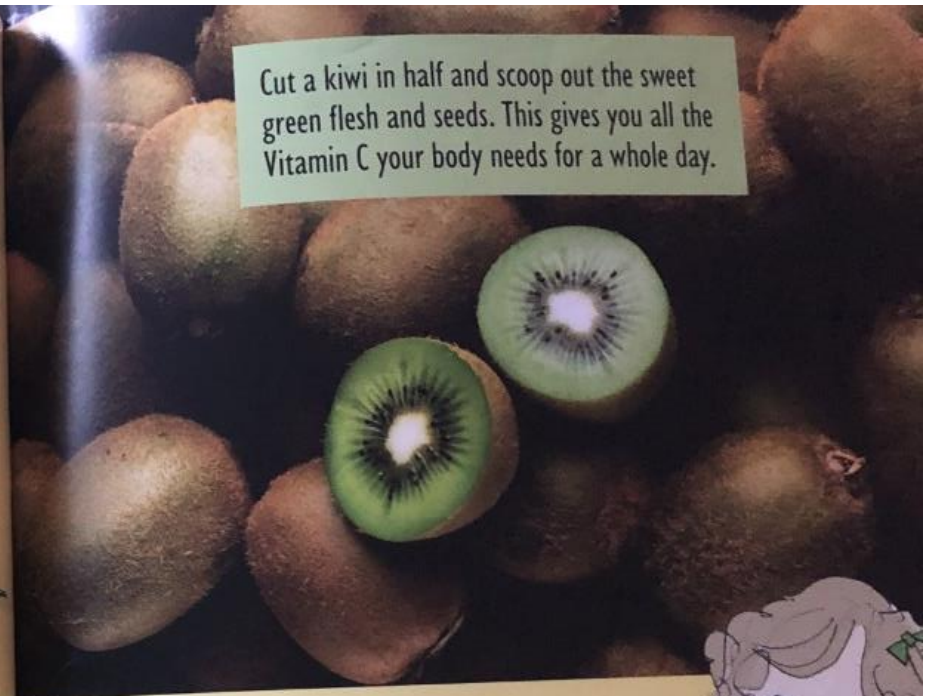
Raspberries



Blueberries



Blackberries



Cut a kiwi in half and scoop out the sweet green flesh and seeds. This gives you all the Vitamin C your body needs for a whole day.

Kiwi fruit look like brown furry eggs. They also grow on a plant like a vine.

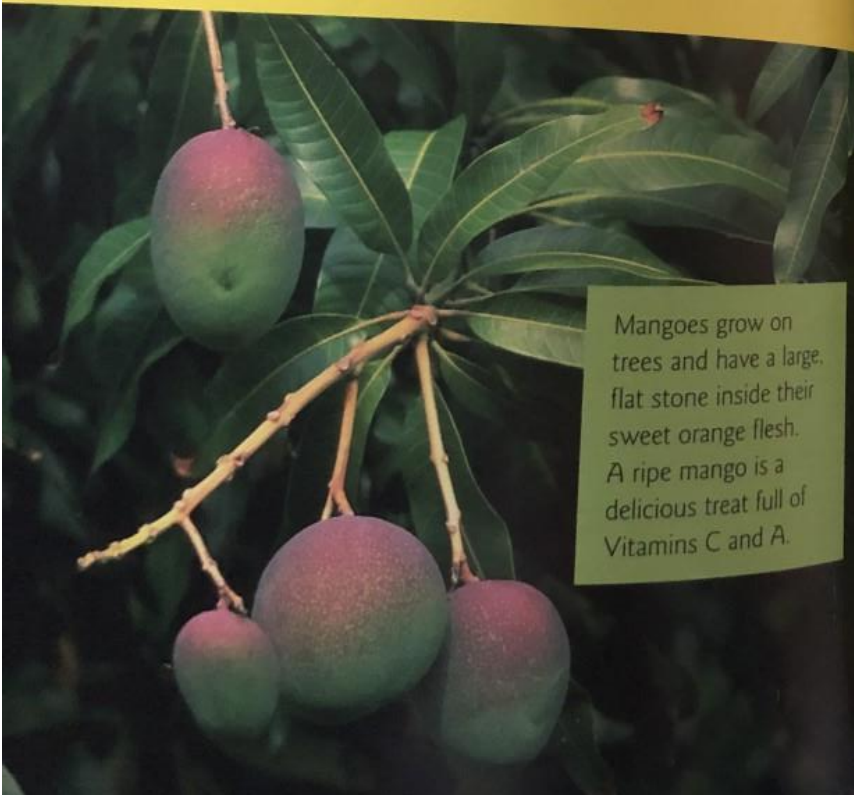
Find out if there is a farm near you where you can pick your own berries. How about making some jam?

Blackcurrants



Tropical fruit

Bananas, pineapples and mangoes grow in tropical countries. It is hot and sunny all year round there with lots of rain, so just right for growing these fruits. Try to find out about other tropical fruits such as papayas and lychees. See how many of them you can spot in your local shops.



Mangoes grow on trees and have a large, flat stone inside their sweet orange flesh. A ripe mango is a delicious treat full of Vitamins C and A.



Bananas grow on very large plants that look like trees. Many bunches, or hands, of bananas grow on the plant. They are picked when they are still green.

The bananas are checked and labelled before being packed into boxes. Then the bananas are carried by ship to different parts of the world. They are kept in huge fridges to keep them fresh on the journey.

How many fruits can you find in my hat?



Vegetables galore

A vegetable is any part of a plant that can be eaten. It can be the leaves, stalks, buds or roots of a plant. There are lots of delicious vegetables to choose from. You could ask all your friends to name their favourite one to find out which one is top veg!

Eat your greens!

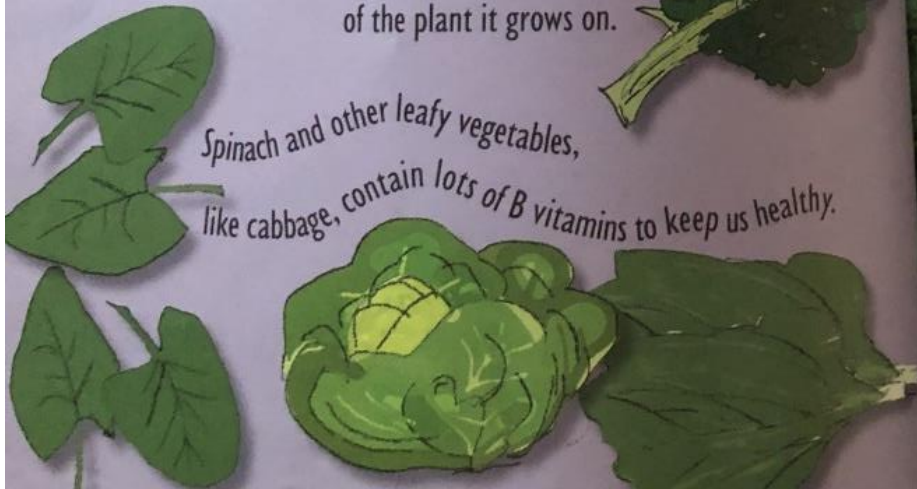
Green vegetables really are good for you. They have all sorts of great nutrients and fibre in them.

Cauliflower is in the same vegetable family as broccoli and cabbage.

Broccoli is the flower bud of the plant it grows on.



Spinach and other leafy vegetables, like cabbage, contain lots of B vitamins to keep us healthy.



Fruit vegetables

Some vegetables are called fruit vegetables. They have juicy flesh and come in all sorts of vitamin-packed shapes, sizes and colours.

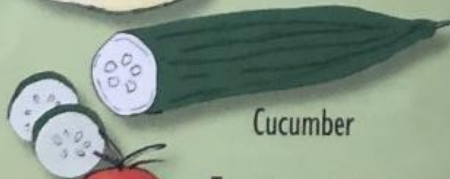
Tomatoes, peppers and aubergines grow on small bushes. In cooler countries farmers grow them in large glass houses called greenhouses.

Avocados grow on trees and look a bit like pears. They are full of vitamins and minerals.

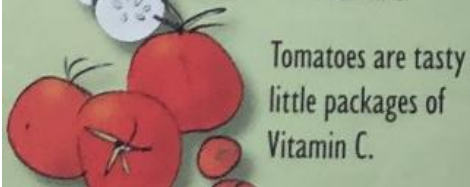
Cucumbers, marrows, courgettes and pumpkins are all in the same vegetable family. They grow on trailing bushes or vines.



Avocado



Cucumber

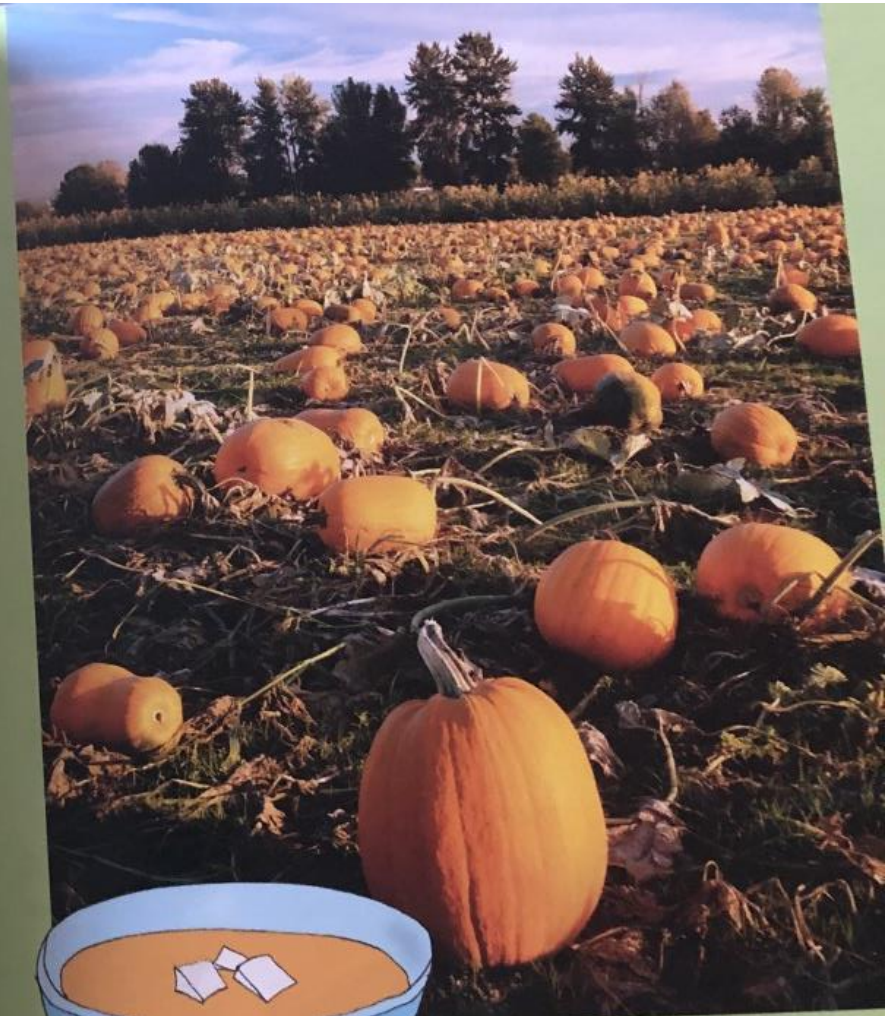


Tomatoes are tasty little packages of Vitamin C.



Aubergines and peppers

They're not cherries - they're cherry tomatoes!



Pumpkins are lovely made into a golden soup.

Pods and seeds

French beans, runner beans and mangetout (or snow peas) are all pods. They grow on climbing plants. We can cook and eat the whole pod including the little beans or peas inside them.

Peas grow inside pods. It's fun to take the peas out of their pods, but in factories there is a special machine called a viner to do this.

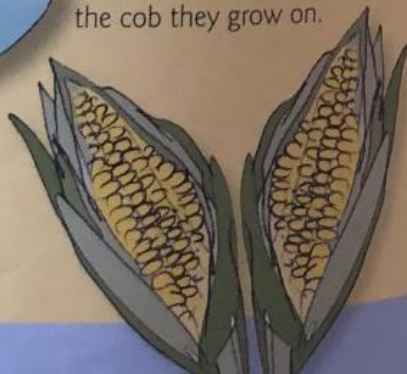
Frozen peas

Peas and other vegetables are often frozen before being sold in the shops. They are frozen as soon as they are picked so that they keep all their good vitamins inside them.



Corn on the cob

Sweetcorn is the seeds of a grass plant called maize. We can eat the seeds, or kernels, straight off the cob they grow on.



It's easy to grow your own runner beans.



Did you know that popcorn is made out of corn kernels?



Pea pod and peas



Vegetables under the ground

Potatoes, carrots, beetroot and parsnips are all vegetables that grow under the ground. They are called root vegetables. They give us lots of vitamins and fibre. Carrots are full of Vitamin A.



Potatoes are dug up by machines. The farmer checks through them and takes out any bad ones.



What about organic veg?

Vegetable growers often use special chemicals to kill bugs and weeds and make the vegetables grow better. Some people think these chemicals are bad for us and they also harm the environment. Organic vegetables are grown without using chemicals.

Baked potato?

Potatoes can be boiled, mashed, baked or made into chips and crisps. Chips and crisps are cooked in lots of fat so they are not the healthiest way to eat potatoes.



Chips?



A bowl of salad



You can make a salad with all sorts of lettuce leaves. You can also use baby spinach leaves or watercress. They taste quite strong so it is nice to mix them with other leaves too.

Pots of herbs

Herbs add a nice taste to all kinds of meals. You could grow your own in pots on a windowsill.

Basil smells wonderful and is used to make a delicious sauce called pesto that tastes great on pasta.



Mint is good with lamb dishes or with vegetables like potatoes or peas.



Parsley can be sprinkled on top of dishes or added to soups and stews.

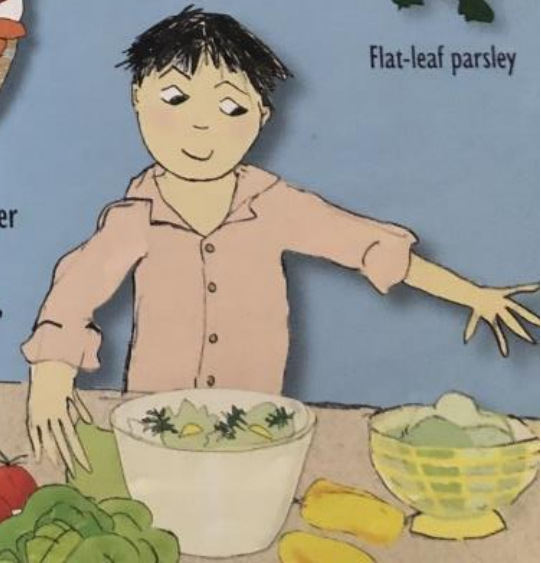


Curly parsley



Flat-leaf parsley

Have a salad with your supper or snack on a bowl of raw vegetables. Try carrot sticks, radishes and celery. They are delicious in your lunchbox too.



Words to remember

calcium A mineral which helps build healthy bones and teeth. Watercress and broccoli have calcium in them.

carbohydrates Starches and sugars in food that give us energy. Carbohydrate foods are rice, pasta, bread and potatoes. Bananas have carbohydrate in them and so they give us lots of energy too.

chemicals Chemicals are substances that can be used for all sorts of things. Some, called pesticides, are used to kill weeds and bugs in fields.

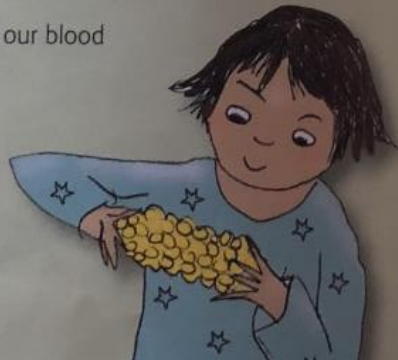
citrus fruits Fruits like oranges, lemons, limes and grapefruit. They have a thick skin and juicy flesh.

digestive system The parts of your body where your food gets broken down and turned into energy and nutrients.

environment The world around us.

fibre Fibre is found in plant foods like grains and vegetables. It helps our insides, our digestive system, to work properly.

iron A mineral in food that we need to keep our blood healthy.



minerals Nutrients in food that help our bodies work properly. Calcium and iron are minerals.

nutrients Parts of food that your body needs for energy, to grow healthily and to repair itself.

organic Organic fruit and vegetables are grown without using chemicals to kill weeds and bugs and to make the vegetables grow better.

protein Body-building food that makes our bodies grow well and stay healthy.

tofu This is also called bean curd and is a cheese-like food made out of soya beans.

vines Long, trailing plants. Grapes and kiwi fruit grow on vines.

vitamins Nutrients in food that help our bodies work properly:

vitamin A This vitamin is in most dark green or yellow fruits and vegetables. It helps to keep us healthy and especially looks after our eyes.

B vitamins B vitamins help turn our food into energy and keep our muscles, skin and blood healthy. B Vitamins have special names like folate, niacin and thiamin. (If you see these on a label you know the food has B Vitamins in it.) Green leafy vegetables contain folate.

vitamin C Keeps our gums and teeth healthy, mends cuts and bruises and makes us strong to fight off infection and illness. Our bodies cannot store Vitamin C so we need some every day.