

Name: _____

Fruit and Vegetable facts

Darker green vegetables contain more vitamin C than lighter green vegetables.

The heaviest pumpkins weigh over 400 kg.

A banana plant is really a giant herb.

Potatoes turn green if exposed to the sun.

Most raw fruit and vegetables contain no fat.

Broccoli and cauliflower is a mass of tight flowers

How many more interesting facts can you find?

Create a poster

Create a poster showing why we should eat more of one particular fruit or vegetable.

Help and hints:

Have a large main heading that grabs the viewer's attention.

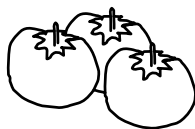
Use large clear pictures to support and illustrate the message.

Use clear writing that is easily read by a viewer.

Use bright colours to make the poster interesting.

Why should we eat fruits and vegetables every day?

Fruits and vegetables are an important part of our diet.



On a separate page, list at least three reasons why we should eat fruit and vegetables every day.

For example, many fruits are full of vitamins which help to keep us healthy.

A "rainbow" of fruit and vegetables



List and draw at least three examples of each:

Red fruits and vegetables such as strawberries and tomatoes.

Orange or yellow fruits and vegetables such as carrots and pumpkin.

Green fruits and vegetables such as avocados and peas.

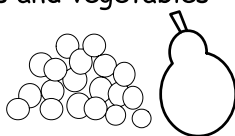
Blue or purple fruits and vegetables such as eggplant and blueberries.

White fruits and vegetables such as onions and potatoes.

Fruits and vegetable survey

Keep a record of all the different fruits and vegetables you eat in a week.

How many different types of fruits and vegetables did you eat?



Which particular fruit and vegetable did you eat the most?

Ask each member of your family which is their favourite fruit and vegetable.

What is your favourite fruit and vegetable?

What colour group of fruit and vegetable did you eat the most?



For more fun and revision you can play games online using Studyladder's website.