

# Fruits and Vegetables

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 fruits and vegetables contain no fat.

Broccoli and cauliflower are a mass of tight flowers.

How many more interesting facts can you find?

## 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 fruits and vegetables every day.

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

## Fruit 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 favorite fruit and vegetable.

What is your favorite fruit and vegetable?

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

## 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 colors to make the poster interesting.

## A "Rainbow" of Fruits 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 pumpkins.

Green fruits and vegetables such as avocados and peas.

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

White fruits and vegetables such as onions and potatoes.

