

Name: _____ Date: _____

FRUITS AND VEGETABLES

Fruits and vegetables contain vitamins and minerals that can help to keep you healthy and protect you against some diseases. Here are some exercises.

1. Can you identify the fruits and vegetables below?



Sort the above food under the following headings:

Fruits

Vegetables

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2. When we eat fruits and vegetables, we are eating certain parts of a plant. Match a part to the picture below.

List : leaf, flower, seed, nut, fruit, root, tuber













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