

## Do you know your Fruits and Vegetables?

There are hundreds of ways to enjoy your 5 a day, but do you know your fruit from your vegetables? Use this activity pack to explore this wonderful world and see how many you can name; from the weird and wonderful to the everyday fridge fillers? Do you know what makes a fruit a fruit and a veggie a veggie?

### Activities and Ideas

1. Go to your fridge, fruit bowl or kitchen cupboards and get out as many fruits and veggies as you can. Remember to include fresh, frozen, canned or dried!
2. Do you know what they all are?
3. Have fun putting them into groups. You could try where they were grown; fruit or vegetable?; stone fruit, soft fruit, top fruit or citrus?; underground or over ground?; bushes, trees and plants; brassicas, roots or leaves?
4. How much of the food you have found comes from the UK? Look in our 'helpful links' to learn why this is important.
5. What makes a fruit a fruit and a veggie a veggie? Watch the you tube clip in our 'helpful links' section. Has this changed your mind about what you knew?

### Helpful Links

Free downloadable worksheets

<http://www.veggietrumps.com/product/activity-worksheets-downloadable/>

What's the difference between fruits and vegetables?

[https://www.youtube.com/watch?v=DTK-uWx\\_VQo](https://www.youtube.com/watch?v=DTK-uWx_VQo)

Find a list of fruits and veg.

<http://www.greatgrubclub.com/a-z-fruit-veg#.Xn4Bo-r7TIU>

Why buy British?

<https://lovebritishfood.co.uk/fruits-and-vegetables/>

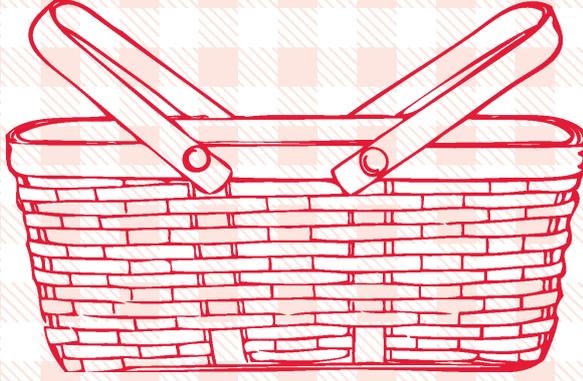
Why not look inside some fruits and vegetables, can you see clues to how they grow?



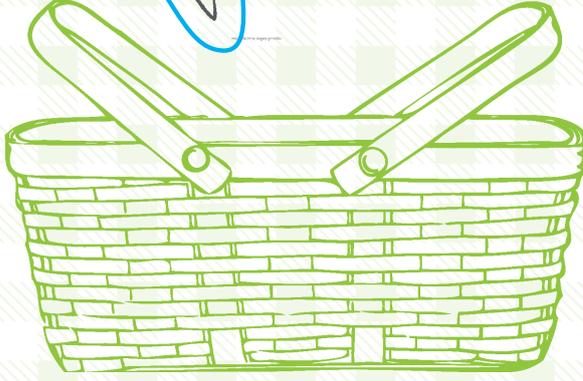
# Your Fruits and Vegetables Sorted!

See how many other fruits and vegetables you can draw to fill each side.  
Can you circle blue around the ones which are grown in the UK and orange around the ones which are grown in other countries.

### Fruits



### Vegetables



Don't forget to send us your pictures of what you have been up to!