

# FRUIT AND VEGETABLES

## Teachers Notes

### Eating a Rainbow!

For optimum health benefits it is important for children and adults to vary their 5 a day as much as possible.

### What is the reason for this?

A mix of colours are important in the diet as different coloured fruits and vegetables contain varying combinations of nutrients, for example oranges are high in Vitamin C, while carrots are high in Vitamin A.



## Example of Fruits and Vegetables

### Red

Tomato, red pepper, radish, beetroot, rhubarb, strawberries, raspberry, apple, cherry, red grape, cranberry, red currents, radish, chilli pepper, red onion, pomegranate, watermelon.

### Orange

Orange, satsuma, carrot, butternut squash, orange pepper, apricot, peach, sweet potato, pumpkin, tangerine, clementine swede, sharonfruit, grapefruit, kumquat.

### Yellow

Sweetcorn, parsnip, yellow pepper, melon, banana, pineapple, turnip, mango, chickpea, lemon.

## Green

Peas, spinach, rocket, cabbage, broad bean, runner bean, french beans, courgette, celery, cucumber, lettuce, watercress, Brussels sprouts, broccoli, cauliflower, leek, green pepper, gooseberry, avocado, green grape, apple, asparagus, chilli pepper, celery, chard, chives, cress, curly kale, fennel, kiwifruit, lime, pear, parsley, gherkin, olive, mangetout, marrow, watermelon, sugar snap peas, artichoke, spring onion.

## Blue/Purple

Purple sprouting broccoli, aubergine, red onion, blackberry, fig, beetroot, blackcurrent, blueberry, damson, date, passionfruit, plum.

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Think of as many fruit and vegetables you know that are red, orange, yellow, green, blue or purple coloured.

Red

Orange

Yellow

Green

Blue and Purple