

Eat most – vegetables and fruit



Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

1 Fill in the table below.

3 examples of vegetables that I already eat	<i>e.g. broccoli, carrots, corn</i>
3 examples of fruit that I already eat	<i>e.g. apples, bananas, watermelon</i>
1 vegetable I would like to try	<i>e.g. parsnip</i>
1 fruit I would like to try	<i>e.g. blackberries</i>
My favourite meal that contains at least 2 different vegetables	<i>e.g. broccoli and carrot beef stir-fry</i>

2 Why are vegetables and fruit so good for us?

- Vegetables and fruit provide vitamins, minerals and dietary fibre to protect our health and keep us full for longer.*