

Our little A-Z of fruit & veg



A 

avocado
Would you believe, I'm actually a fruit!

B 

broccoli
I look just like a tiny tree! I taste yummy though.

C 

carrot
I'm not only orange! Have you tried purple carrots?

D 

dragon fruit
I don't breathe fire, but I have dragon style skin!

E 

eggplant
In the U.K. I'm called 'aubergine' & I have bright purple skin!

F 

fig
I'm deliciously sweet and juicy.

G 

garlic
Have you ever tried my leaves? They smell wonderful!

H 

haricot bean
I'm great for adding fibre to your dinners.

I 

iceburg lettuce
Flavour me with a little squirt of lemon juice.

J 

jackfruit
I am really big! I grow on trees called jack trees.

K 

kale
I'm very fancy, sometimes my leaves are purple.

L 

lemon
I smell lovely, I work brilliantly as a flavour booster.

M 

mushroom
I'm great for brekkie, lunch or dinner.

N 

nectarine
I taste yummy and contain vitamin C.

O 

oregano
I'm good friends with tomato. We taste yummy together!

P 

pea
I come in a little pod with my other pea friends!

Q 

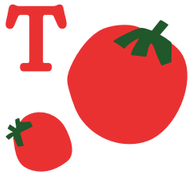
quince
I'm a bit unusual, have you heard of me?

R 

rhubarb
I grow really fast and taste yummy in puddings!

S 

sweet potato
I'm colourful on the inside, unlike my friend the potato.

T 

tomato
I'm not blushing, I am naturally a bright red colour!

U 

ugli fruit
I am beautiful on the inside. I taste sweet and juicy.

V 

victoria plum
I'm named after a queen! Can you guess which one?

W 

watermelon
Super pink and juicy - I'm very refreshing!

X 

x-tra veg portion
Helping you get towards your 5-a-day!

Y 

yam
I'm used in soups or stews like my friend, the potato.

Z 

zucchini
I look like a cucumber, but I'm less watery!



In partnership with **Charlotte Stirling-Reed**
The Baby and Child Nutritionist

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