My favourite COOUP by Glivia

Lettuce is

quick to

grow – ask

if you can

grow your

own.

If green

peppers are

left to grow,

they turn red!

Green fruits and vegetables are GREATI See if you can think of any others that

aren't on this pagel

Basil is easy to grow in a pot and perfect with pasta.

Asparagus spears grow straight up out of the ground.

Apples can be stuffed with sultanas and baked. Mmmm

Mint and peas make a tasty soup!

One kiwi fruit has all the vitamin C you need for a day!

Pears can be yellow or brown as well as green.

Courgettes Grapes are related to grow on pumpkins. vines.

In France, green beans are called haricots verts.

What's your favourite

colour?

ugar sna peas are sweet and crispy raw.

Sprouts are like mini cabbages!

Broccoli is a kind of flower!

> I bet you're as cool as a cucumber!

What vegetable do you need a plumber for? A leek!

> Okra is also called ladies' fingers.

Mangoes grow on trees. They are orange inside!

 A_{Vocado}

Celery is

delicious

with a dip.

Thyme is

tasty on

top of a

pizza.

Limes

are

citrus

fruits ~

just like

lemons.

 $c_{ontains}$ healthy fat!



Take a look at



