

# My favourite colour

by Pedal

Red plant foods are YUMMY!  
Which are your favourites?



Nectarines are super sweet and juicy. They taste fantastic in fruit salads!



These Italian sweet peppers taste great in salads.



Pomegranates are grown in hot countries - scoop out the red seeds and eat them.



Ripe cranberries should bounce. Some people call them bounceberries!



Tomatoes can be red, green, yellow, orange or even purple.



Figs have sweet, juicy insides.



Grapes grow on vines. Dried red grapes are called raisins.



There are 1,000 different kinds of mangoes across the world!



Plums make yummy jam.



Red cabbage has lots of vitamin C.



Peppers can be eaten raw or cooked.



About 90% of a watermelon is water!



These chillies are called 'cherry bomb chillies'.



Lychees are ripe when they feel soft. Peel off the skin and eat the white flesh.



Why was the dinner hot? Because the chillies were working out!



Red lentils are pulses. They taste delicious in soup.



Chillies can be very spicy - a little chilli can give a meal a big kick!



**Warning!**

Remember to always wash your hands after touching a chilli, because chillies can irritate skin and eyes.



Like a radish, a beetroot is grown underground from seeds.

