

My favourite colour

by Searcher

What white plant foods have you eaten this week?



White plant foods are **WONDERFUL!**
Can you think of any others that aren't on this page?

Coconuts really are nuts! They grow on tropical palm trees.



Cauliflower is a type of cabbage! We eat its creamy-white flower buds.



Mushrooms are a type of fungus — they count towards your 5 A DAY!



Bean sprouts are the sprouts of seeds such as mung beans!



Butter beans are sometimes called Lima beans.

Porridge oats make a great breakfast — pop some fruit on top!



Why is a mushroom always happy? Because he is a fun guy (fungi!).

These little onions are called shallots.



Pasta and potatoes are good starchy foods.

Cannellini beans are popular in Italy!



Haricot beans are used to make baked beans.



Parsnips are related to carrots!



This is what swede looks like inside.

Sprinkle pine nuts on fruit and yoghurt.



Celeriac makes lovely mash!



Chickpeas are used to make houmous.



White cabbage is nicest eaten raw. Shred it and stir it into a salad!



Garlic is a member of the onion family.



Onions are so tough they even make boys cry! When you cook them they turn into softies!

Nuts contain good fat but some people are allergic to them.

Turnip is a root vegetable — it grows underground.



The mooli is a giant radish!

