









# FRUITY I SPY

We should eat 5 portions of fruits and vegetables every day to keep healthy. Eating different coloured fruits and vegetables is best so that we get all the nutrients our bodies need.



Next time you go to a supermarket or grocery shop, look at where some of the fruits come from. Record them on this chart.

Draw and label your fruit	Write the country it came from	Draw an arrow to the country on the world map
	<p>.....</p>	
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What is your favourite fruit?

Which fruit has come the furthest?