FRUIT & VEGETABLES: COLOURS & SHAPES

Hi Friends

It’s me again, your friend Manzi. This month we are going to learn about colours and shapes and compare them to those of fruit and vegetables. The shapes we are going to learn about are: circle, rectangle, oval, triangle, star and heart. Now look at the table below to see the different colours and shapes of fruit and vegetables. Also note the shape of a sliced fruit or vegetable. Does it still look the same with the whole fruit or vegetable? Fill in the missing letters to complete the names of the colours, fruit and vegetables. Once you are done, check your answers at the bottom of the table.

Table showing different Colours and Shapes of Fruit and Vegetables

<table>
<thead>
<tr>
<th>Shape</th>
<th>Fruit or Vegetable</th>
<th>Sliced fruit or vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gr__ __n circle</td>
<td>A__p__e</td>
<td>Sliced a__p__e</td>
</tr>
<tr>
<td>R__d rectangle</td>
<td>P___pp__r</td>
<td>Sliced p___pp__r</td>
</tr>
<tr>
<td>__ __ d oval</td>
<td>Roma t___m___t___</td>
<td>Sliced roma t___m___t___</td>
</tr>
</tbody>
</table>
Do you know that nature is so amazing it gives us everything we need? Nature also helps us to know which good minerals we get from our fruit and vegetables just by looking at their different colours. Isn’t this amazing? Good minerals help us not to become sick. Fruit and vegetables also have beautiful shapes that are so awesome. Do you know all your fruit colours and their importance to your body? Examples:

**Red fruit and vegetables** help us with heart problems and cancer. They also give us good eyes and help us to always remember things. Examples of red fruit are strawberries, tomatoes and red peppers; and red vegetables are red onion, red cabbage, beetroot, radish and red cabbage.

**Green fruit and vegetables** prevent us from having cancer. Do you know which vegetables are green in colour? Yes it’s spinach, broccoli, cabbage, celery, cauliflower and lettuce. Green fruit are apples, cucumber, green beans and grapes.
Yellow and orange fruit and vegetables are good for our eyes. They also help us not to have flu and they make our hearts strong. They also help us not to have cancer. They can help heal our wounds. Examples of yellow and orange fruit are: lemons, apples, pears, oranges, peaches, apricots, mangoes, yellow pepper and pawpaws. Examples of yellow and orange vegetables are pumpkin, yellow potato, yellow corn, carrots and sweet potatoes.

White fruit and vegetables are good for our heart. Examples of white fruit are: bananas, pear, litchi and white mulberry; and white vegetables are onions, garlic, potatoes, cauliflower and mushrooms.

Friends it is important for us to eat all these beautiful and tasty fruit and vegetables. There are some very important things that help fruit and vegetables grow, actually without them there won't be any food on Earth. Who can tell me what they are? Yes you are right, it is water, soil, sunlight and air. Without any of these 4 things fruit and vegetables would not be able to grow. It is also very important to keep these things clean, and not pollute them, otherwise this will affect the fruit and vegetables. Remember all your litter must go in a dustbin and not on the ground or in the river water. We must be wise take great care of these 4 things. This is being Water Wise.

There are certain things that fruit and vegetables need to grow.

Fill in the missing letters below:

___ a ___ e ___ , ___ o i ___ , s ___ l ___ g ___ t and , ___ i ___

Remember to eat all your fruit and vegetables to keep healthy.

It was nice chatting to you today. Till next time.

Bye! Bye!

Your friend

Manzi