

### Key facts



*Fruits and vegetables are full of vitamins, minerals and fibre. The different colours give a clue to what they contain.*



*Blue and purple: vitamin C and fibre.*



*Red: vitamin A and vitamin C.*



*Green: vitamin E, iron, B vitamins and calcium.*



*Orange and yellow: vitamin A, vitamin C and fibre.*



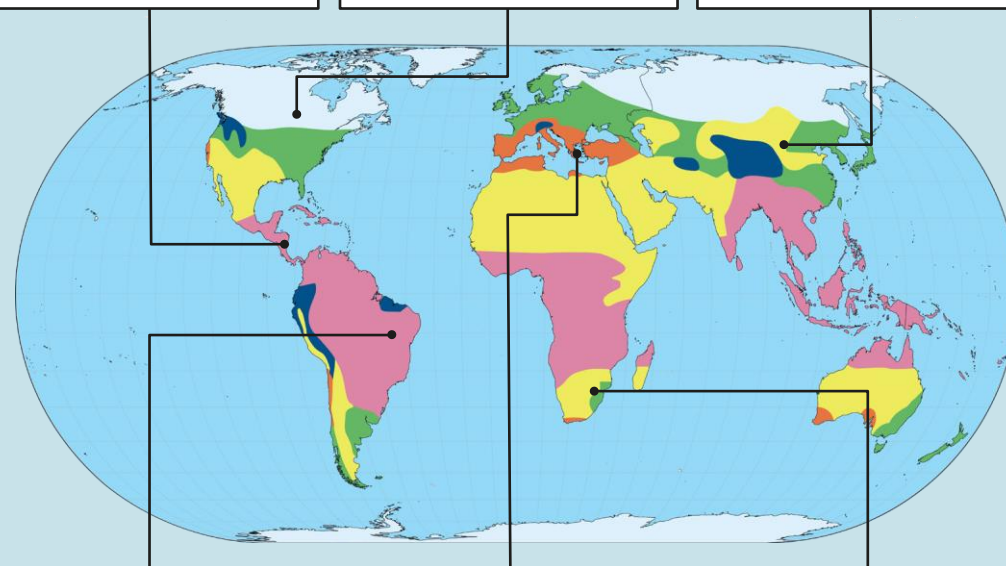
*pumpkins from Mexico*



*soya beans from Canada*



*plums from China*



*bananas from Brazil*



*olives from Greece*



*watermelons from South Africa*

<i>appearance</i>	<i>The way something looks.</i>
<i>climate</i>	<i>The weather conditions that an area usually has.</i>
<i>complementary</i>	<i>Things that go together like colours or flavours.</i>
<i>design</i>	<i>A plan for a recipe or dish.</i>
<i>evaluate</i>	<i>To decide how good something is.</i>
<i>export</i>	<i>Food sold to another country.</i>
<i>import</i>	<i>Food bought from another country.</i>
<i>ingredients</i>	<i>Foods that a recipe is made from.</i>
<i>peel</i>	<i>To remove the skin of fruit or vegetables.</i>
<i>seasonal</i>	<i>Food that grows at a certain time of the year.</i>
<i>temperate</i>	<i>A climate with four seasons like the UK.</i>
<i>texture</i>	<i>The way food feels in your mouth.</i>
<i>weather</i>	<i>The temperature or conditions outside.</i>



cutting



grating



spreading



taste testing



peeling