

Fruit and Vegetables

Fruit and vegetables are really great for our bodies because they are full of different vitamins, and other good things for us. The vitamins in fruit and veg include vitamins A, C and E - these are often known as ACE vitamins. They may help protect against heart disease.



The wordsearch below is full of fruits and vegetables. The words can be found forwards, backwards, up, down or diagonally.

Give me 5!

Word Search

f	g	e	e	t	t	i	u	r	f	r	a	t	s
i	n	b	c	r	e	p	p	e	p	e	v	t	k
l	a	p	p	l	e	w	a	u	r	m	r	h	i
o	s	p	i	n	a	c	h	g	d	a	n	o	e
c	f	h	i	l	s	s	c	a	w	r	e	o	p
c	b	a	d	n	i	k	t	b	y	n	d	p	r
o	s	f	n	t	s	p	e	r	a	c	f	e	i
r	t	k	c	b	m	r	l	l	u	n	y	a	w
b	h	d	r	e	r	s	a	g	g	l	a	y	i
o	c	r	g	y	e	e	f	p	b	e	t	n	k
n	a	r	e	p	h	b	v	w	i	b	n	n	a
y	e	r	o	n	r	o	c	t	e	e	w	s	f
e	p	f	c	a	b	b	a	g	e	t	s	z	m
s	t	e	h	l	e	n	i	g	r	e	b	u	a

- apple
- strawberry
- pear
- aubergine
- banana
- spinach
- pea
- cabbage
- broccoli
- pepper
- sweetcorn
- starfruit
- kiwi
- peach
- parsnip