# **Do you know your fruit and vegetables?**

Name three examples of fruit or vegetables for each box and include some you haven’t tried before!

|  |  |  |
| --- | --- | --- |
| Canned fruit (in juice) 1.2.3. | Frozen vegetables1.2.3. | Seasonal fruit1.2.3. |
| Red fruit or vegetables1.2.3. | Canned vegetables (in water)1.2.3. | Green leafy vegetables1.2.3. |
| Dried fruit1.2.3. | Fruit or vegetable juice 1.2.3. | Seasonal vegetables1.2.3. |

To find out when fruit and vegetables are in season, have a look at this guide from the National Farmers’ Union (NFU) <https://bit.ly/3HeGPxQ>