Fun with Fruit ‘n’ Veg Flashcards

Cut out and keep flashcards, why not laminate the cards for durability?

**PINEAPPLE**
It takes approximately 3 pineapples to make 1 can of pineapple pieces!

**STRAWBERRIES**
The average strawberry has 200 seeds!

**CARROTS**
Carrots were originally grown for their leafy tops!

**PUMPKIN**
The largest pumpkin ever weighed 666kg!
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CABBAGE
Sauerkraut is a German dish made from cabbage

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TURNIP
Turnips come in yellow or white varieties. Yellow turnips are known as ‘Swedes’

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PEAR
The wood of the pear tree is used to make woodwind instruments, such as clarinets

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PASSIONFRUIT
The roots of the passionfruit vine will continue to grow even if the top is chopped off!
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**CHERRIES**
Young, on NSW’s South West Slopes, is known as the ‘Cherry Capital of Australia’

**PEACH**
In Chinese culture, peaches are regarded as a symbol of immortality and offered as a token of friendship

**ZUCCHINI**
Not only can you eat the fruit of the zucchini, you can eat the flowers too!

**LETTUCE**
The ancient Greeks believed that the milky sap of the lettuce would put you to sleep
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KIWIFRUIT
Another name for the kiwifruit is Chinese gooseberry!

MUSHROOM
Although eaten as a vegetable, mushrooms are actually a type of fungi

AVOCADO
Avocados originate in South and North America and Mexico

APPLE
When you slice an apple through the middle, the seeds form a star
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QUANDONG
Quandongs are a native Australian bush food that can be eaten fresh or dried

CUSTARD APPLE
Custard apples originate from Peru and are also known as cherimoya

BROCCOLI
Broccoli is in the same family of plants as cabbage, cauliflower and Brussels sprouts

KUMARA
Kumara are a traditional staple food of the Maori people of New Zealand
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LEEKS
Like other onions, leeks are a member of the lily family and are the national emblem of Wales.

CORN
Corn is one of the world’s major cereal crops and is used for a wide variety of foods, like corn flakes, cornbread and popcorn as well as being eaten on its own.

LYCHEE
A sweet tasting, small, round or egg-shaped fruit with a reddish-brown textured skin.

ORANGE
A citrus fruit with orange coloured skin and flesh, which is divided into sements.
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LEMON
A citrus fruit that can be used in sweet and savoury dishes. Lemon juice can be applied to cut pears, apples and avocados to prevent their flesh going brown.

BANANA
Although commonly known it has a yellow skin, some varieties have red or green skins. Bananas provide a great energy snack and are a good source of fibre.

FENNEL
A vegetable with a slight liquorice smell and taste.

RHUBARB
Rhubarb is a vegetable with long, red stalks, but is often eaten as a cooked fruit.