

# Fun with Fruit 'n' Veg Flashcards

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

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## PINEAPPLE

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

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## STRAWBERRIES

The average strawberry has 200 seeds!

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## CARROTS

Carrots were originally grown for their leafy tops!

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## 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'

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## PEACH

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

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## ZUCCHINI

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

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## 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!

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## MUSHROOM

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

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## AVOCADO

Avocados originate in South and North America and Mexico

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## 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

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## CUSTARD APPLE

Custard apples originate from Peru and are also known as cherimoya

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## BROCCOLI

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

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## 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.

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## 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.

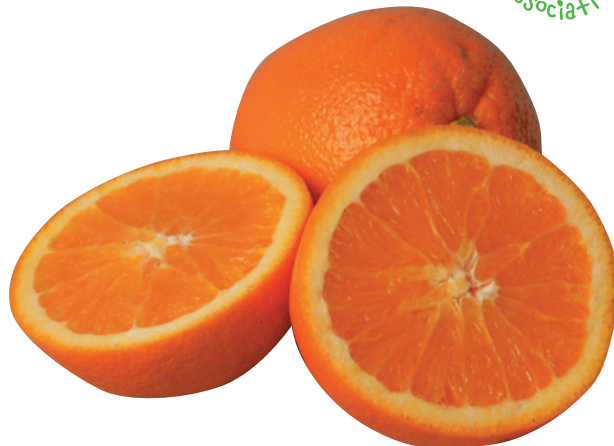
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## LYCHEE

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

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## ORANGE

A citrus fruit with orange coloured skin and flesh, which is divided into segments.



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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.

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## 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.

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## FENNEL

A vegetable with a slight liquorice smell and taste.

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## RHUBARB

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