

Fruit and Vegetables

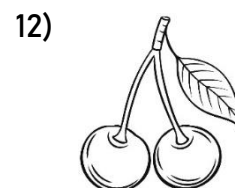
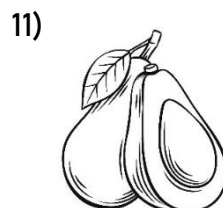
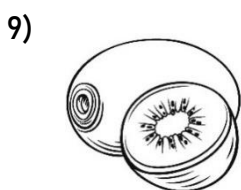
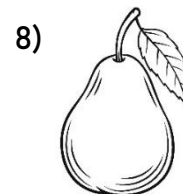
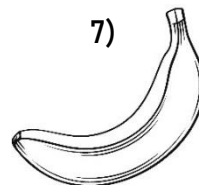
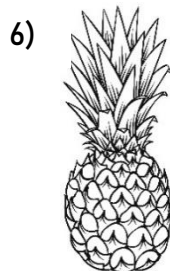
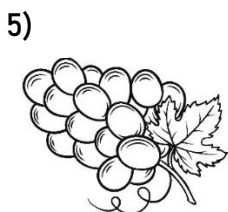
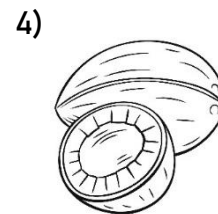
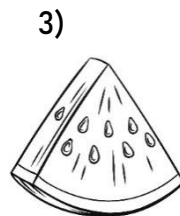
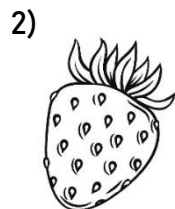
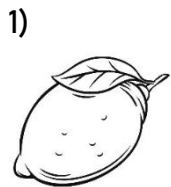
 Warm up

- What is your favourite fruit? How often do you eat it?
- Is there any vegetable you think is gross? Why don't you like it?
- Do you know anyone who has an allergy? What are they allergic to?
- Do people in your country eat a lot of fruit and vegetables?
- Is there any fruit or vegetable that you didn't like in the past but now like?



 1. Match the pictures of the fruits to the words in the box.

mango <i>10</i>	cherries <i>12</i>	pear <i>8</i>	pineapple <i>6</i>
grapes <i>5</i>	watermelon <i>3</i>	coconut <i>4</i>	avocado <i>11</i>
strawberry <i>2</i>	lemon <i>1</i>	kiwi <i>9</i>	banana <i>7</i>





2. Read the descriptions of the fruits with a partner. Which fruit from exercise 1 is the description talking about?

a) Not many people know this, but technically this fruit is a berry! It has thick skin, a large seed inside, and is often eaten in savoury foods such as burgers and salads, or used to make dips. Unfortunately, it goes off very quickly after being cut open. It's also a great source of vitamin C and E. *Avocado*

b) This is one of the largest fruits in the world, and its insides are sweet and incredibly refreshing! It's great for hydration, is high in vitamin A, and is often used in salads. *Watermelon*

c) This fruit comes in a variety of colours, is sweet and juicy, and can also be used to make wine. They are high in vitamin C and K. *Grapes*

d) This fruit is often used in smoothies, served with muesli, or made into a sweet bread. They have soft skin which can be easily peeled off, and they are high in potassium. *Banana*

e) The skin of this fruit is spiky, so it's not a good idea to eat it. However, the insides are sweet and tangy, and are often used to add a "tropical" taste to juices and fruit salads. It's low in calories and high in vitamin C. *Pineapple*

f) This fruit was originally called a "Chinese gooseberry" but was renamed because some people thought it looked like a bird native to New Zealand. They have soft slightly hairy skin which is usually not eaten. They are high in fibre and vitamin C. *Kiwi*

g) This small fruit has two types, one sweet and one sour. They may look like berries, but technically they are not. They have one small seed inside, and are often used in jams or sweet sauces. They can be good for sleep and heart health. *Cherries*

h) This large heavy fruit has a very hard shell that is similar to wood. They contain sweet liquid inside, and can be used to make a type of cream or milk. They are used in cooking, but also commonly used in skincare and haircare. *Coconut*

i) This tropical fruit contains a large seed, and its skin is usually not eaten. They are sweet and juicy, and contain more sugar than most other fruits. This fruit has been farmed by humans for about 5000 years, making it one of the oldest farmed fruits. *Mango*

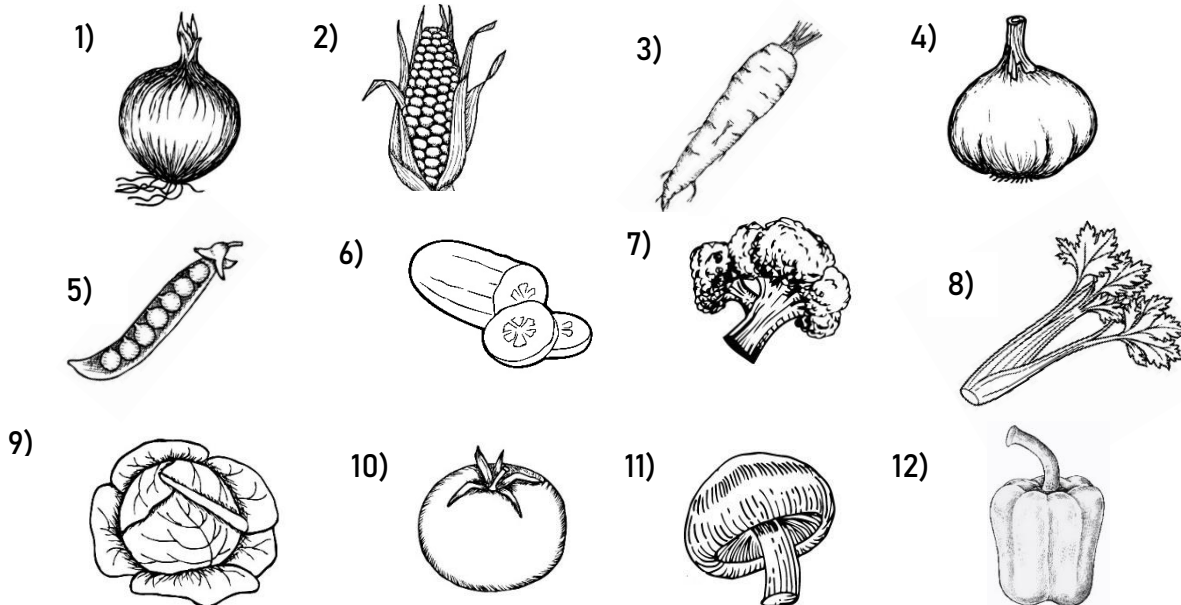
k) This is a sour and tangy citrus fruit which is often used in cooking but rarely eaten by itself because of its strong flavour. It is very high in vitamin C, and often used in tea. *Lemon*

l) This sweet little fruit is the only fruit in the world that develops seeds on the *outside* of its skin! They can grow almost anywhere, and although they are very sweet, they are low in calories, and high in vitamin C and fibre. *Strawberries*

m) These fruits are cousins to apples, and have a similar texture (although slightly softer). They are usually either green, yellow, or brown, and are often given to babies as they are soft and are less likely than other fruits to cause allergic reactions. *Pears.*

3. Match the pictures of the vegetables to the words in the box.

tomato 10 mushroom 11 peas 5 carrot 3 lettuce 9 celery 8
 corn 2 onion 1 garlic 4 broccoli 7 bell pepper 12 cucumber 6



4. Read the salad recipes below. Which sound good to you? Which don't?

Caesar Salad
 Lettuce, parmesan cheese, crunchy garlic bread croutons, baby tomatoes, and pieces of chicken all served with a creamy salad dressing with a splash of lemon juice.

Sweet Potato Salad
 Sweet potato baked with spices mixed with spinach, baby tomatoes, red onion, walnuts and feta cheese. Served with a sweet dressing.

Asian Cucumber Salad
 Cucumbers, red onion, and celery finely chopped and served in a spicy vinegar and maple syrup dressing, sprinkled with sesame seeds. Good as a side dish for an Asian meal.

Garden Salad
 A nice basic salad, mix lettuce, sliced cucumber, baby tomatoes, red onion, and grated carrot. Chopped bell pepper is optional. Served with a vinegar dressing.

Steak Salad
 Pieces of steak mixed with corn, cucumber, carrot, lettuce, nuts of your choice, red onion, feta cheese, and served with a lemon dressing. Healthy and delicious!

Mango Salad
 Try something different with a mango salad! Pieces of mango mixed with bell peppers, lettuce, and crunchy peanuts! No dressing needed, can be served with a splash of lemon juice.

5. Listen to the audio of 3 people talking about what they like and don't like in salads and answer the questions.

- a) Why doesn't Jack like lettuce? *He thinks it's boring*
- b) What vegetable does Jack like as a quick snack? *Celery*
- c) Why doesn't Russell put much dressing on his salad? *It's usually unhealthy*
- d) What vegetable does Russell think is too commonly used? *Red onion (or raw onion in general)*
- e) Why doesn't Maya buy avocados? *They go off too quickly.*
- f) What does Maya's husband like to have on his salad? *Fruit like mango and pineapple.*

6. Listen to the audio again. Which salad from exercise 4 would suit each person best and why?

- a) Jack would like the *sweet potato* salad because *he can't eat meat (not the Cesar or steak salad) doesn't like lettuce (not the garden salad or the mango salad), and he mentioned more ingredients in the sweet potato salad than the Asian cucumber salad.*
- b) Russell would like the *mango* salad because *he doesn't like red onion (not the sweet potato, the Asian cucumber, the garden or the steak salad) and he mentions fruits and not much dressing, so not the Cesar salad.*
- c) Maya would like the *steak* salad because *she doesn't like fruit in salad (not the mango salad) and is allergic to tomatoes (not the Cesar, garden, or sweet potato salad), and she mentions more ingredients in the steak salad than the Asian salad.*



7. Write a recipe for a salad you would enjoy.

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8. Split into two groups. You have two minutes to try to think of one fruit or vegetable that begins with each letter of the alphabet (looking at the other pages of this worksheet is not allowed, you must remember them). The team with the least empty letters wins.

A B C
 D E F
 G H I
 J K L
 M N O
 P Q R
 S T U
 V W X
 Y Z



9. Ask and answer the questions with a partner. Try to use some of the vocabulary you have learned in this lesson.

- a) What is a fruit you think is gross?
- b) What fruit or vegetable do you eat most often?
- c) Have you ever grown your own fruits or vegetables? Do you think you would like to?
- d) Is there a fruit or vegetable that you don't like because of the texture?
- e) Do you think you get enough fruit and vegetables in your diet? What could you eat more or less of?
- f) What's your favourite type of fruit juice?

Audio Transcript

Jack: Well I'm vegetarian so naturally I eat a lot of salad. I love salads with spinach, but I find lettuce so boring, it has no flavour, I think it tastes like water. There are so many better choices to lettuce, like spinach, I really don't get why people still eat it. So obviously because I'm a vegetarian I can't have any meat like chicken on my salads, but I do like to cook some sweet potato with herbs and then mix it into my salad while it's still hot. I also love celery or broccoli, it just makes salads really nice and crunchy. Celery is also a great healthy snack at home, so I try to always try to keep some in my fridge.

Russell: I don't like salads that have too much lettuce or spinach in them. A little bit is fine, it is a salad after all, but I mostly want other vegetables, and sometimes it's nice to have fruits and nuts in salads. Oh and I also don't put too much dressing on my salad, I know it makes it tastier, but I feel like a salad should be healthy, and if you cover it in a maple syrup dressing.... Well that's not exactly health food, and I think most dressings are not healthy. I love sweet potatoes, carrots, corn, baby tomatoes, anything like that is great, but also some berries or walnuts can be nice. But one thing I absolutely hate is raw onion, not just on salads but on anything. It seems like everything these days has red onion on it, and I just can't understand why. It's so gross.

Maya: Oh I love salads, I usually make myself a salad for lunch every day, it's convenient and healthy and delicious! I usually have carrot, lettuce, walnuts, feta cheese, and maybe some fried mushrooms in my salads. I used to put avocado in them too, but I just find avocado goes off too quickly. It seems like every time I buy them they only last about 2 days before they're brown, so no I just don't get them anymore. My husband likes salad with lots of fruits like mango or even pineapple, but I think that's gross! One thing I have to be very careful with is tomatoes. I am really allergic to tomatoes, if I eat even a little bit I have to go to the hospital, so I usually don't order salads at restaurants, it's just not worth the risk.