

FRUITS OR VEGETABLES?

Hassan does not know the difference between fruits and vegetables. Could you help him find the difference?



Here is a clue:

- Fruits are parts of a plant that grow from a flower and have seeds inside them, or like nuts could be seeds themselves.
- Vegetables are parts of plants that could be roots, stems, leaves and flowers.

When we eat lots of different colours of fruits and vegetables, it makes our body stay fit and healthy for longer.

Don't forget! 5-a-day, keeps the doctor away!

Content Created and Promoted By:



Lilika Zauberlab

www.lilikazauberlab.com

info@lilikazauberlab.com



Rotor Lab

www.rotor-lab.com

info@rotor-lab.com