Can you think of any green plant foods that aren’t on this page?

Basil is easy to grow in a pot and perfect with pasta

Asparagus spears grow straight up out of the ground

Mint and peas make a tasty soup!

One kiwi fruit has all the vitamin C you need for a day!

Pears can be yellow or brown as well as green

If green peppers are left to grow, they turn red!

Okra is also called ladies’ fingers

Lettuce is quick to grow – ask if you can grow your own

Courgettes are related to pumpkins

Grapes grow on vines

In France, green beans are called haricots verts

Apples can be stuffed with sultanas and baked

Avocado contains healthy fat!

Celery is delicious with a dip

Thyme is tasty with sweet potatoes

Limes are citrus fruits – just like lemons

Mangoes grow on trees. They are orange inside!

Grapes grow on vines

Sprouts are like mini cabbages!

Broccoli is a kind of flower!

Avocado contains healthy fat!

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