Nectarines are super sweet and juicy. They taste fantastic in fruit salads!

Pomegranates are grown in hot countries – scoop out the red seeds and eat them.

Grapes grow on vines. Dried red grapes are called raisins.

Red cabbage has lots of vitamin C.

About 90% of a watermelon is water!

Chillies can be very spicy – a little chilli can give a meal a big kick!

Lychees are ripe when they feel soft. Peel off the skin and eat the white flesh – be careful of the stone inside!

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