



RED PLANT FOODS

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

These are dry cranberries but ripe cranberries should bounce. Some people call them bounceberries!

These Italian sweet peppers taste great in salads

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

Tomatoes can be red, green, yellow, orange or even purple

Figs have sweet, juicy insides

Grapes grow on vines. Dried red grapes are called raisins

There are 1,000 different kinds of mangoes across the world!

Plums make yummy jam

Red cabbage has lots of vitamin C

Peppers can be eaten raw or cooked

About 90% of a watermelon is water!

These chillies are called 'cherry bomb chillies'

Apples give you lots of fibre if you eat the skin

Red lentils are pulses. They taste delicious in soup

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!

Like a radish, a beetroot is grown underground from seeds



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