

Fresh Fruit and Vegetables too expensive?



Why not grow your own?

1. We all know that it's good for us to eat a lot of fresh fruit and vegetables. But it can be expensive, especially if you have a big family.
2. Why not grow your own? It's cheap, it's easy and it's fun! You don't even need much space – a box in the window is enough to grow some salad.



3. Rob Green has a vegetable garden at his house in Cambridge. He says "It can be hard work sometimes, but I love it. I grow lots of different vegetables, for example carrots, onions and beans. It saves me a lot of money, and the vegetables I grow are better than anything you can buy in the shops."

4. His garden has an apple tree and a pear tree. The apples aren't very sweet, but he bakes them with brown sugar, and the family eat them for dessert with ice cream. Rob also grows strawberries and usually makes a few jars of jam each summer. "I'd like to make more," he says. "The only problem is that after the children see the strawberries, there aren't many left!"



5. Rob often cooks with his children, and he says that it's good for them to see where their food comes from too. "Children need to know that it doesn't just arrive in packets in the supermarket."

A. Read the magazine article. Complete each sentence with the correct paragraph number.

- a. Paragraph ____ talks about the fruit Rob grows.
 - b. Paragraph ____ talks about how healthy it is to eat fruit and vegetables.
 - c. Paragraph ____ talks about the vegetables Rob grows.
 - d. Paragraph ____ talks about how good it is for children to see how we grow food.
 - e. Paragraph ____ gives reasons to grow your own food.
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B. Read the article again. Write True or False?

- 1. It is expensive to grow your own vegetables.
- 2. You do not need a lot of space to grow a few vegetables.
- 3. Rob Green does not like growing vegetables because it is hard work.
- 4. He thinks his vegetables are better than vegetables in shops.
- 5. He gets apples and oranges from his trees.
- 6. He cooks the apples he grows.
- 7. His children eat a lot of strawberries.