

**Write the Notes in your Notebook or Exercise Book**

## **HFLE**

### **Fruits and Vegetables**

**Fruits and vegetables are very good for us. They contain:**

- 1.Carbohydrates, which give us energy.**
- 2.Fibre, which helps our bodies use food and get rid of wastes.**
- 3.Vitamins, which help us grow and protect us from diseases.**
- 4.Minerals, which help us grow and protect us from diseases.**

**They also contain small amounts of proteins and good fats. Different fruits and vegetables have different vitamins and minerals. So it is important to eat a wide variety. Fruits and vegetables are also low in salt, fat and calories. You should eat five portions of fruit and vegetables each day.**

**Common types of fruits that are readily available include: apples and pears, oranges, grapefruits, mandarins, limes, peaches and plums, bananas, mangoes, strawberries, passion-fruit, watermelons, and avocados.**

**Common vegetables that are readily available include: lettuce, spinach, beet, cabbage, cauliflower, broccoli, pumpkin, cucumber, Irish**

**potato, sweet potato, yam, celery, asparagus,  
onion, and garlic.**