

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.