Fruits and Vegetables—Cooking Well and Feeling Well

Vegetables are healthy and important. Some examples of vegetables are carrots, peppers, tomatoes, green beans, broccoli, zucchini and lettuce.

Fruit is also healthy and important. Some examples of fruit are strawberries, apples, cherries, watermelon, grapes, oranges, pears and bananas.

Half of your plate should be filled with fruits and vegetables. When your plate is colorful, you are eating a lot of vitamins and minerals.

There are many ways that we can add fruits and veggies to our meals. Let’s see some examples below:

You can add fruit like blueberries or bananas to your cereal.

You can add a vegetable like tomato to your eggs.

You can put vegetables like lettuce, onion and tomato on your sandwich.

You can bring a fruit (apple) or vegetable (carrot and celery sticks) in your lunch instead of chips.

You can put vegetables like peppers on your pizza.

Now you give it a try! How are you going to eat more fruits and vegetables?