

5 A DAY

Name:

Class:



We all need to eat at least **5** portions of fruit and vegetables every day. How many do you eat?

There are **5** different ways that we can have fruit and vegetables:

- fresh
- canned
- dried
- frozen
- juiced



Q. Name 2 fruits and 2 vegetables for each of the 5 different ways.

	fruits	vegetables
fresh		
canned		
dried		
frozen		
juiced		