

My favourite colour

by Searcher

White plant foods are **WONDERFUL!**
Can you think of any others that aren't on this page?

What white plant foods have you eaten this week?



Coconuts really are nuts! They grow on tropical palm trees.

Cauliflower is a type of cabbage! We eat its creamy-white flower buds.

Why is a mushroom always happy? Because he is a fun guy (fungi!).

This is what swede looks like inside.

Chickpeas are used to make houmous.

Turnip is a root vegetable — it grows underground.

Bean sprouts are the sprouts of seeds such as mung beans!

Mushrooms are a type of fungus — they count towards your 5 A DAY!

Porridge oats make a great breakfast — pop some fruit on top!

These little onions are called shallots.

Haricot beans are used to make baked beans.

Sprinkle pine nuts on fruit and yoghurt.

Butter beans are sometimes called Lima beans.

Pasta and potatoes are good starchy foods.

White cabbage is nicest eaten raw. Shred it and stir it into a salad!

Onions are so tough they even make boys cry! When you cook them they turn into softies!

The mooli is a giant radish!

Nuts contain good fat but some people are allergic to them.

Cannellini beans are popular in Italy!

Parsnips are related to carrots!

Celeriac makes lovely mash!

Garlic is a member of the onion family.