

My favourite colour

by Searcher

What white plant foods have you eaten this week?



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

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

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

Butter beans are sometimes called Lima beans.

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

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

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

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

These little onions are called shallots.

Pasta and potatoes are good starchy foods.

Cannellini beans are popular in Italy!

Haricot beans are used to make baked beans.

This is what swede looks like inside.

Parsnips are related to carrots!

Sprinkle pine nuts on fruit and yoghurt.

Chickpeas are used to make houmous.

Celeriac makes lovely mash!

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

Garlic is a member of the onion family.

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

Turnip is a root vegetable — it grows underground.

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

The mooli is a giant radish!