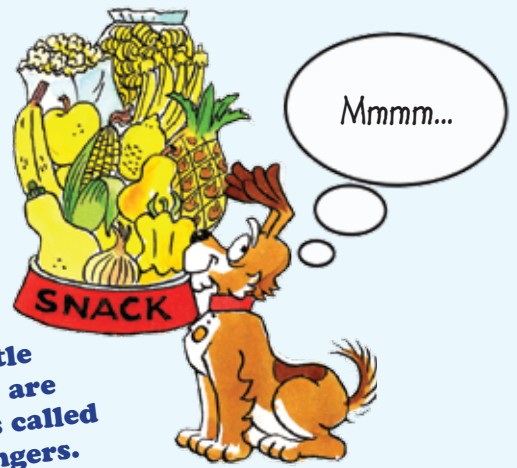


My favourite colour

by Snack the Dog



Yellow plant foods are YUMMY!
Can you think of any that aren't on this page?

Grapefruit is nothing like a grape! Cut it in half and scoop out the juicy segments with a spoon.

Spiky pineapples are sweet and juicy on the inside.

These little bananas are sometimes called lady's fingers. They taste extra creamy.

Pasta is usually made from wheat but it can be made from corn, which makes it more yellow in colour.

Some plums are purple but others are... yellow!

Apples give you lots of fibre if you eat the skin.

The peel on the outside of a lemon can be grated and used in cooking. Lemons can also be squeezed for their juice. Easy-peasy lemon squeezey!

These are oyster mushrooms.

Yellow cherry tomatoes are yum!

Bananas are full of energy.

Try polenta instead of mashed potato. It's made from maize!

A perfect pair of pairs.

When we eat baby corn, we eat the whole thing - including the bit in the middle that the kernels are attached to.

When green peppers ripen, they turn red, orange or... yellow!

Split peas go mushy when you cook them - they are perfect for soups and dhals.

This melon is green inside...

Next time you have a corncob, count the kernels!

...but this one is yellow.

Butternut squash is yellowy on the outside and orange on the inside.

Guavas look like pears. Some have more than 500 seeds!

When the outside of this corn gets very hot, it explodes - to make popcorn!

Ugli fruit is not so ugly! It is a cross between a mandarin and a grapefruit.

Papaya is also called pawpaw. Its orange flesh is full of black seeds that you can eat!

