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.

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 squeezy!

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

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

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

Ugh fruit is not so ugh! It is a cross between a mandarin and a grapefruit.

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

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

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

Yellow cherry tomatoes are yum!

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

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

This melon is green inside... but this one is yellow.

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

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

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

Don’t eat my nose!

A perfect pair of pears.

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

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...but this one is yellow.

Next time you have a corncob, count the kernels!

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

Bananas are full of energy.

Ugh fruit is not so ugh! It is a cross between a mandarin and a grapefruit.

These are oyster mushrooms.

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

Spiky pineapples are sweet and juicy on the inside.

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