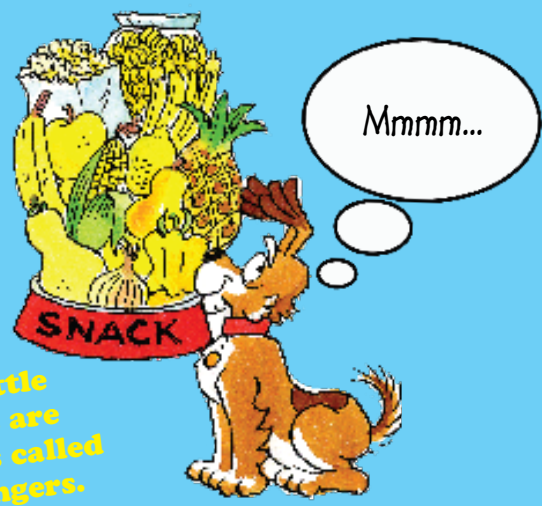


My favourite colour

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.

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!

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

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

A perfect pair of pears.

These are oyster mushrooms.

Yellow cherry tomatoes are yum!

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

Bananas are full of energy.

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

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

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



Next time you have a corncob, count the kernels!

This melon is green inside...

...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!



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

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

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