

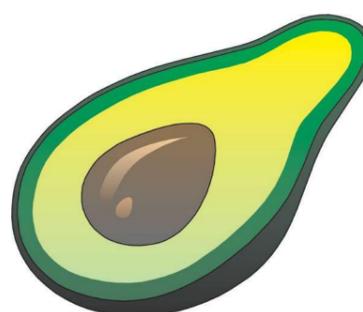
## The Fruit and Vegetable Alphabet

There are lots of different ways to use the fruit and vegetable alphabet, and some activity suggestions are listed below:

- How many other fruits and vegetables can you name for each letter of the alphabet?
- Draw your name in the fruit and vegetable alphabet
- Draw a picture of yourself as your favourite fruit or vegetable
- Can you make up a recipe using the fruit and vegetable alphabet in your name?
- How many interesting facts can you find out about each fruit and vegetable?
- Can you make or find recipes for the recipe challenge?

### A is for Avocado

The avocado is a green, creamy fleshed, pear-shaped fruit. Inside you will find a large, inedible seed which can be sprouted into an avocado plant by placing in a little vase of water. Unlike most fruits, it is not sweet (some people think it tastes a little nutty) and tends to be used raw in salads and dips. It tastes really good in sandwiches too! Avocados are packed full of nutrients, especially vitamin E, which is essential for a strong immune system (your immune system is like your own personal army for fighting off illnesses).



#### *Recipe idea – Guacamole (4 portions)*

Finely chop half a small red onion and mix with about 15 halved cherry tomatoes. Add the mashed flesh of 2 soft avocados and mix together with the juice of 1 lemon (this stops it turning from a lovely green colour to a yucky brown) and 1 tablespoon of vegetable oil. Spread this delicious mixture on slices of French stick or use as a dip.



## Apricot

The apricot is ping-pong sized golden orange fruit. It has firm, velvety skin when fresh, or wrinkly chewy skin when dried. Apricots belong to the same family as peaches, nectarines, plums and cherries – they all have a hard, poisonous seed inside them.

*Recipe Challenge –  
can you think of a healthy recipe using apricots  
as the main ingredient?*



## Apple

There are more than 7,500 varieties of apple although most people have tasted only one or two. They have many different flavours, colours and textures. Some are sweet and crunchy, others are crispy and sour. Some taste better raw while others are good cooked. They all taste delicious!

*Recipe idea – Spiced-Fruit Stuffed Apples*

Baked apples can be eaten any time of the day – why not try this for a healthy breakfast?



1 apple per person, e.g. 1 plump Red Delicious, cored.  
Stuff with 2 tablespoons of currants.  
Sprinkle with cinnamon and nutmeg.  
Cover with cling film and cook for 5 minutes in the microwave.  
Leave to stand for 5 minutes.  
Remove cling film carefully before eating with a big dollop of natural yoghurt.

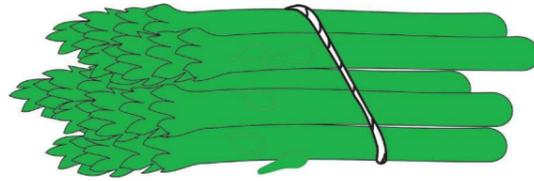
## Asparagus

Asparagus is a green vegetable (in France they also have a white variety) with edible green spears. It has a delicate flavour which means it can be added to lots of different recipes such as stir-frys, salads, soups and omelettes. It has a very unusual side effect – after eating asparagus your pee smells funny! Why not try it and see for yourself?



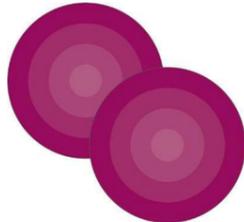
*Recipe idea – Asparagus and Ricotta Macaroni (4 portions)*

(250g tub of ricotta cheese  
400g uncooked Macaroni  
200g Asparagus spears  
1 tablespoon of olive oil  
1 tablespoon lemon juice



Boil Macaroni until just before tender, and then add diced asparagus spears for the last 5 minutes. Drain and add the remaining ingredients, plus a dash of salt and pepper to taste.

**B is for**



**Beetroot**

Beetroot has a deep red coloured flesh, which can be eaten raw or cooked. You probably have a jar of it at home cooked and sliced in vinegar! But there are lots more ways it can be used.

*Recipe idea – Beetroot and red cabbage coleslaw (6 portions)*

Peel and grate 3 raw beetroot and add to half a finely chopped red cabbage, a finely chopped red onion, 2 grated carrots and 2 grated apples. Mix with half a large tub of Greek yogurt and 2 tablespoons of apple juice. Your fingers will be stained red, but this will wash off – eventually!

**Bananas**

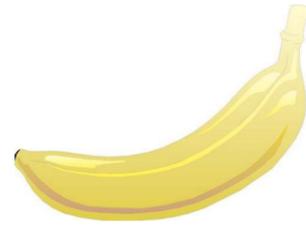
Bananas are possibly the most popular fruit in the world! They have a yellow skin which peels off easily to reveal a creamy sweet flesh.

*Recipe idea – Banana-Stuffed Pitta Toasts (8 servings)*

2 large ripe bananas, mashed  
1 teaspoon lemon juice  
4 wholemeal pitta breads  
1 teaspoon ground cinnamon, added to egg mixture  
4 large free range eggs, whisked



Combine mashed banana and lemon juice in a bowl. Cut pitta breads in half and open up to form a pocket (i.e. you should have 8 pockets). Stuff the pittas with 2 tablespoons banana and lemon mixture.



Arrange stuffed pockets in a single layer in a shallow dish and cover in whisked egg, turning to coat. Cover and chill for 30 minutes, turning again half way through this resting time.

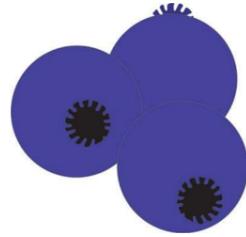
Place pittas carefully in a hot grilling machine and cook on full power for 5 minutes. Eat carefully as the banana can get very hot.

## Blueberries

Berries that are blue – how wonderful is that? These gorgeous little balls of sweet juicy pulp have been shown to have lots of health benefits. Eat them straight from your garden, or add to fruit salads and fruit smoothies. Also, blueberries make magnificent muffins.

### *Recipe idea – Blueberry Muffins (12 servings)*

- 250g self raising wholemeal flour
- 5 tablespoons brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 3 large mashed bananas
- 2 large free range eggs
- 1 teaspoon vanilla extract
- 150g ripe blueberries



Preheat an oven to 180 C. Line a muffin tin with paper cups.

Mix the flour, sugar, cinnamon, baking powder and bicarbonate of soda. In a separate bowl mix the bananas, eggs and vanilla extract. Combine the contents of both mixing bowls and fold in the blueberries. Spoon into the muffin tin and bake for 20 minutes.



## Broccoli



Gorgeous green broccoli is a tantalisingly tasty tree-like vegetable! Great raw in salads (it's true!) or added to stir-frys, casseroles, soups, kebabs, as well as just generally jazzing up the corner of your plate.

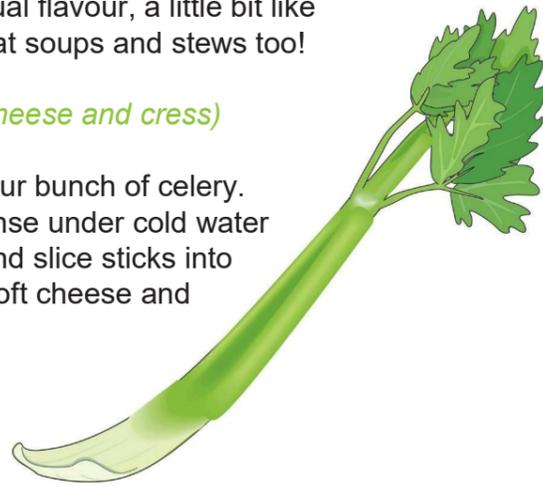
*Recipe Challenge – can you think of a healthy recipe using broccoli as the main ingredient?*

## C is for Celery

Celery is wonderfully crunchy and has a very unusual flavour, a little bit like aniseed. It is mostly used in salads, but makes great soups and stews too!

*Recipe idea – Frogs logs (celery stuffed with soft cheese and cress)*

Remove any hard or damaged outer stems from your bunch of celery. Separate the remaining sticks from the base and rinse under cold water to remove any mud or grit. Dry with paper towels and slice sticks into 4cm slices. Fill the hollow in your celery logs with soft cheese and sprinkle with cress. Perfect nibble size little bites!



## Cherries



Cherries are small glossy, red stoned fruit. They can be sweet and delicious, or a little bit sour. Very juicy and delicious, they can be enjoyed in your packed lunch box for an energy boosting sweet treat.

## D is for Date

Dates can be eaten fresh, but are mostly found dried. They are toffee-brown in colour, tasting just as sweet as a caramel but much better for your teeth and body. Dates are 'nature's sweeties' and are great for your packed-lunch box instead of a bar of chocolate.



*Recipe idea - Date and banana multi-seed rolls (2 portions)*

Chop up 5 dates and add to a bowl of mashed banana. Use as a filling for your multi-seed roll, sit back and enjoy!

## **E is for**

### **Eggplant**



Eggplants have a dark purple, shiny skin stretched tightly over pale, spongy flesh. Many years ago, egg plants looked very different, they were round and white fleshed, which led to them being called eggplants. Eggplants are usually eaten cooked.

*Recipe idea – eggplant caviar (4 portions)*

Cook a nice big (whole) eggplant in a hot oven for 20 minutes. When cool, cut in half and remove the flesh with a spoon and mash it up in a bowl (throw away the skin). Add 2 chopped, hard boiled eggs (free range of course), 2 juicy chopped tomatoes and a bunch of chopped spring onions. Add a pinch of salt and pepper. This is very tasty on wholemeal toast and fantastic on sandwiches or rolls for a packed lunch.

## **F is for**

### **Fig**

Figs can be eaten fresh or dried. If you find them fresh, they are a joy to eat just as they are, but some people love to drizzle them with golden honey and eat with Greek yogurt. Figs are always available dried and taste deliciously sweet with a very unusual texture, a bit like mini table tennis balls playing ping pong in your mouth.

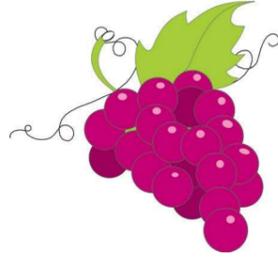
*Recipe idea – figgie fizz (dried figs in pomegranate juice) (4 portions)*

Soak 12 dried, chopped figs in 250ml of warm pomegranate juice and leave to form a pink potion of deliciousness! Whiz in a blender until frothy. This figgie fizz tastes amazing with plain yogurt and some chopped fresh fruit.



## Fennel

## G is for



## Grape

Grapes grow on vines and come in glorious jewel-like colours of green, yellow and purple. They are explosively juicy when eaten fresh and deliciously sweet when eaten dried. Grape juice is a magnificently healthy way to wash down your lunch or dinner.

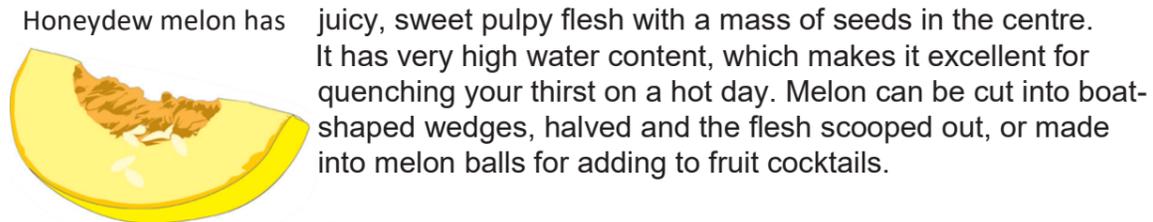
### *Recipe idea – fruit and cheese kebabarama*

Gather together a selection of grapes, cherry tomatoes dried apricots, sliced cucumber and chunks of Edam cheese. Thread onto cocktail sticks one of each of the above in any order you like!

## Garlic

## H is for

## Honeydew melon



Honeydew melon has juicy, sweet pulpy flesh with a mass of seeds in the centre. It has very high water content, which makes it excellent for quenching your thirst on a hot day. Melon can be cut into boat-shaped wedges, halved and the flesh scooped out, or made into melon balls for adding to fruit cocktails.

### *Recipe idea – sunshine sorbet (4 portions)*

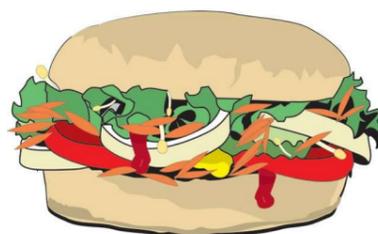
Take the flesh of 1 whole honeydew melon and 2 tins of pineapple in juice and blend together in a smoothie maker. Place in a plastic container with the lid on and freeze for 1 hour, after which time the mixture should be stirred with a fork to break up the larger ice crystals. Repeat this procedure every half hour until the sorbet is at the desired consistency.



## I is for

### Iceberg lettuce

Iceberg lettuce is crisp, fresh and juicy and adds a crazy crunch to salads, wraps and sandwiches. Some people believe that eating lettuce before bed time makes them sleepy – why not try it!



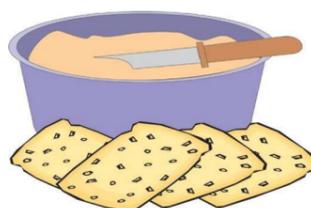
#### *Recipe idea – iceberg roll*

Unravel the leaves of an iceberg lettuce, keeping as much of each leaf as intact as possible. Wash leaves under the tap and blot dry with paper towels. Taking a leaf, open it out flat and at about a third of the way place a stack of grated raw carrot, grated red apple, sliced red pepper, bean sprouts and sliced spring onions in a tidy bundle. Top this bundle with a drizzle of sweet chilli sauce and then roll up the lettuce leaf to form a nice tight package.

## J is for

### Jalapeno chilli

**ADULT SUPERVISION  
RECOMMENDED AT ALL TIMES!**



Chillies are **HOT AND NIPPY** on your taste buds, but add an amazing depth to the flavour of all sorts of foods, even chocolate and strawberries sparkle with the addition of a pinch of jalapeno! Unfortunately, chilli juice can easily find its way into eyes and cuts causing you a lot of pain, so beware!

#### *Recipe idea – jalapeno chilli chicken crackers (4 portions)*

In a food processor add 1 jalapeno chilli (seeds and veins removed while wearing gloves), 1 cooked and skinless breast of chicken, 1 teaspoon of sunflower oil, 5 teaspoons of orange juice and a pinch of salt and white pepper. Blitz until the mixture is a paste of whatever consistency pleases you the most. Spread on slices of green and red peppers, crackers, oatcakes, toast or wholemeal bread. If you don't eat chicken, replace with 250g cottage cheese.

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## K is for

### Kiwi fruit

On the outside, a kiwi fruit looks like a furry brown egg. But when you cut or bite through the furry skin, you will find a velvety surprise of luminous green sumptuousness saturated with a fairy ring of tiny, edible black seeds. Kiwis taste sweet with a slightly tangy undertone. They can be easily eaten by cutting in half and scooping out the flesh with a spoon, or sliced and added to fruit and vegetable salads.



#### *Recipe idea – kiwi and strawberry smoothie (1 portion)*

Combine 10 juicy, ripe strawberries, 2 peeled kiwi fruits, 1 ripe banana, and 10 ice cubes in a smoothie maker. Blitz for 30 seconds and pour. Don't drink too quickly or you will get brain freeze!

## L is for

### Lychee

The lychee is a tropical fruit that has a very unique flavour, a little like strawberry combined with a hint of grape and a dash of honey! Not only do they taste quite different from most other fruits you might have had so far, they also look very different from what is usually available both on the outside and inside! Lychees are pink with a skin similar to crocodile, inside smoothly white with the texture of an eyeball! There is a glassy brown stone inside... see what happens when you plant it! Lychee can be eaten fresh, or from tins.

#### *Recipe idea – lychee and coconut fruit salad (4 portions)*

Combine 20 lychees with a cubed ripe mango, a cubed ripe pineapple, 20 green grapes and the grated pulp of a fresh coconut. Mix with the coconut water (if you were lucky to have some in the shell). Fragrant and delicious!



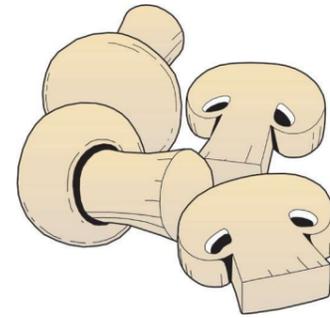
**Lemon**

**Lime**

**Lettuce**

**M is for**

**Mushroom**



Mushrooms come in many shapes and sizes, and should only ever be purchased from a greengrocer who knows they are a safe variety for you to eat. This is because there are many types of wild mushroom and toadstools that can make you very sick if you eat them. Mushrooms can be eaten raw, but taste delicious cooked in all sorts of yummy dishes and soups.

*Recipe Idea – mushroom and haggis bites (4 portions)*

Take 20 button mushrooms and pull out the stalk to create a hollow. Take a haggis and spoon out the filling with a teaspoon into the mushrooms. Place mushrooms on an oven tray and bake at 180 degrees C for 20 minutes. Perfect bite sized juicy mushrooms.

**Mango**



**N is for**

**Nectarine**

A nectarine is fuzz- less type of peach with a red outer skin and yellow flesh.

*Recipe idea – roasted nectarines with red grape juice, cinnamon and ginger (4 portions)*

Take 4 rinsed nectarines, halve and remove stones. Sprinkle dried ginger and cinnamon into the space left by the stone. Place in a deep sided oven dish and pour 75ml of red grape juice around the fruit and bake for 30 - 40 minutes. Serve with natural yoghurt.



## O is for

### Okra

Okra is a vegetable, also known as ladies' fingers because of their shape! Okra is an unusual eating experience, the delicate pods being full of edible creamy seeds and a tasty gloopy juice.

*Recipe idea – emerald stir-fry (4 portions)*

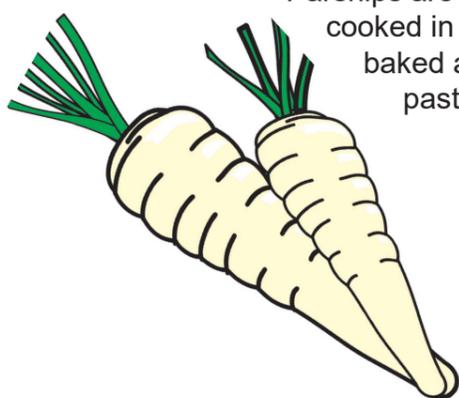
Take 20 fresh okra and stir fry very quickly in 3 teaspoons of olive oil with a selection of sliced vegetables such as green peppers, onions, asparagus, mange tout and courgettes. Season with chopped parsley, coriander and lime juice. Serve with egg noodles.

### Orange

### Olive

### Onion

## P is for parsnip



Parsnips are a sensationally sweet tasting root vegetable. They can be cooked in lots of different ways, such as boiled, steamed, roast or baked and taste amazing in soups (especially with a drop of curry paste).

*Recipe idea – parsnip, carrot and potato bake (4 portions)*

Take 5 peeled and diced parsnips and mix with 5 peeled and diced carrots and the same in white potatoes. Toss together in a deep oven dish with a sprinkle of olive oil, pepper, lemon juice, 5 teaspoons of honey and dried rosemary. Bake in the oven (180 C) for 30 minutes until all the vegetables are golden and crunchy.

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## Passion Fruit

## Pear

## Peas

## Q is for

### Quince

Quinces are a tart golden fruit that you will not encounter all that often. They are best eaten if they are cooked, but they add a delicious flavour to jellies, chutneys, jams, cooked fruit, roast veggies and cooked meat, among many other ways to eat them. Quince paste is a popular way to use this mysterious fruit.

*Recipe idea – apples and quince paste with crème fresh (4 portions)*

Take 4 peeled, cored and chopped cooking apples; add to a pot with 200g quince paste and 200ml apple juice. Cook until the apples are soft and falling apart. Allow to cool a little bit before spooning into a bowl and serving with a cooling pool of crème fresh.



## R is for

### Rhubarb

Rhubarb is actually classed as a vegetable, although we usually eat it as if it were a fruit. Because it is very, very sour it needs to be sweetened before we can eat and enjoy the wonderful flavour of the pink stalks.

*Recipe idea – rhubarb jelly (4 portions)*

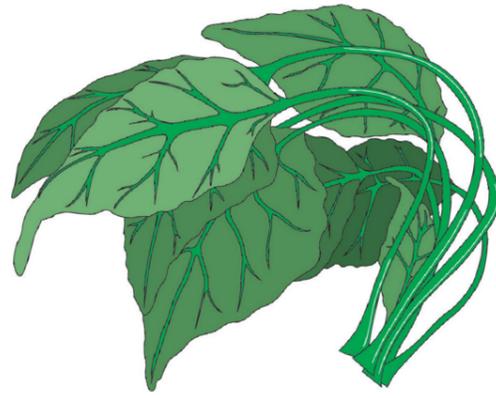
Take 3 stalks of blushing pink rhubarb, dice and place in a saucepan. Cover with 350ml water and bring to the boil. When rhubarb is tender, remove from the heat and add one block of cubed strawberry jelly. Stir until dissolved and then pour into a jelly mould, cover with cling film and chill in the fridge until set. Release jelly from the mould and decorate with fresh berries.



## Raspberries

## S is for

## Spinach



Spinach is a vegetable with jade green leaves (made very famous by Popeye) that you can eat raw in salads, or it can be gently cooked, sometimes called 'wilted'. Spinach should be washed very well before you eat it because the large leaves collect soil. If you are going to use the spinach in a salad, you can dry it in a salad spinner. If you are going to cook it, you don't need to dry it, simply place it in a pot with the clean droplets of water still on the leaves as this will help the cooking process. When spinach cooks, a huge pot-full very quickly disappears as the leaves 'wilt'.

### *Recipe idea – Indian spinach with rice (4 portions)*

Take 2 large bags of young spinach leaves, wash well, then place in a pot and 'wilt' down. Allow to cool before squeezing all the moisture out of the cooked spinach and chopping finely.

Fry 1 large chopped onion in 3 teaspoons of vegetable oil until golden brown, then add the spinach and 1 teaspoon of garam masala. Give it a good stir and leave for 5 minutes. Add 400g of boiled long grain rice and mix together, adding a little bit of salt to season. This is fabulous with curry dishes, or instead of potatoes and pasta.

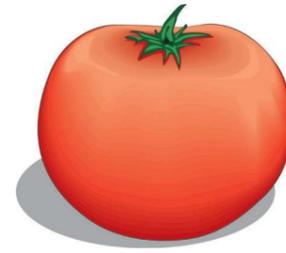
## Strawberries

## Squash



## T is for

### Tomato



The tomato is actually a fruit, but we generally eat it as a vegetable. There are many varieties, but the types we see are usually red and round(ish) in a range of sizes.

The tomato is a much loved (in fact, it used to be called a 'love apple') and versatile ingredient in all sorts of dishes, ranging from soups to exotic salads.

#### *Recipe idea – sun dried tomato hummus (4 portions)*

Take 200g of sundried tomatoes and drain, place in a blender with 400g drained chick peas, the juice of 1 lemon and 2 fat cloves of garlic. Whizz at full speed until all the ingredients form a grainy paste and pour into an air tight container. Serve with wraps or pitta breads and a selection of salad stunners (sliced pink radishes, diced cucumbers, grated carrot and raisins, for example)!

## Turnip

## U is for Ugli fruit

An ugli fruit is a cross between a grapefruit and a tangerine and underneath the 'ugly' wrinkled skin you will find segments of sweet citrus juicy fruit. Tastes a million times better than it looks from the outside, which just goes to prove beauty is only skin deep!

#### *Recipe idea – ugli duckling to swan salad (2 portions)*

Take the segments of one peeled ugli fruit and add to a bowl with a handful of blueberries and one sliced star fruit. Sprinkle with the seeds of 2 passion fruit and eat with lashings of fromage frais.



## V is for

### Vibrantly coloured fruits and vegetables

Not only are fruits and vegetables a great source of the vitamins and minerals we call 'nutrients' – the coloured skin and flesh are a wonderful way to eat 'phytochemicals' (chemicals from plants). Phytochemicals provide protection from disease and promote good health so eat as many brightly coloured fruits and vegetables that you can every day.



#### *Recipe idea – rainbow ragu (2 portions)*

Take 1 red, 1 yellow and 1 orange pepper. Wash, deseed and cube. Place in a large pot with a finely chopped leek and a 400g tin of chopped plum tomatoes. Add 5 teaspoons of balsamic vinegar and 3 balls of chopped stem ginger. Simmer for 15 minutes. Serve with boiled pasta shells and grated parmesan cheese.

## W is for

### Watercress

Watercress is a fragrant green leafy, peppery-tasting plant that grows in fresh water. It can be eaten raw in salads and sandwiches or cooked in soups and sauces. Watercress has a gentle crunch when eaten raw and makes all salads taste very special.

#### *Recipe idea – watercress wagon wheels (4 portions)*

Remove the core from 2 juicy red apples and cut into rings. Wind sprigs of watercress around the cored apple slices and make a pile of these mossy looking wagon wheels on a plate. Eat on their own or add to salads, sandwiches, wraps or baked spuds.



## X is for xtremely versatile!

Hopefully by now you have nearly worked your way through this alphabet and tasted just how delicious fruit and vegetables are. Have you also noticed their texture? Some are crispy and crunchy; some are soft and squidgy, others are juicy and grainy. So, as well as tasting terrific and providing interesting sound effects, they also bring an array of bright colour to the food you eat. Really, think how boring meal times would be without them!

## Y is for Yam

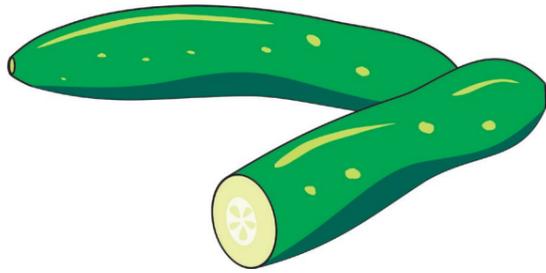
A yam tastes a bit like a sweet potato and can have white, pink or orange flesh. Yams can be used in the same way as regular potatoes – boiled, baked or in soups and stews – and add a touch of delicious sweetness.

*Recipe idea – candied yams (6 portions)*

Take 3 peeled yams and boil until soft. Mash and season with half a teaspoon of nutmeg and half a teaspoon of cinnamon. Add 2 whisked eggs, 100g dessicated coconut, 100g crushed pineapple and 200ml of semi skimmed milk. Mix thoroughly and place in an oven dish, top with 100g mini marshmallows. Bake in the oven at 180 C until brown and bubbling. Eat as a special side dish.



## Z is for zucchini



Zucchini are more commonly known as courgette in the UK. They look a little bit like cucumbers (although there are bright yellow varieties, too), but taste quite different. Zucchini can be eaten cooked but also taste great eaten raw with dips and salads.

*Recipe idea – zucchini burgers (1 portion)*

Take 1 medium sized zucchini per burger, grate. Add 50g grated cheddar cheese and 1 beaten egg, 1 small chopped onion and 100g wholemeal breadcrumbs. Mix all ingredients together. Form into a compact burger shape and place onto a hot non-stick pan. Brown each side and serve with salad

