# **Find the fruit and vegetables**

Find three examples of fruit or vegetables for each box and include some you haven’t tried before!

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| Canned fruit (in juice) 1.2.3. | Frozen vegetables1.2.3. | Seasonal fruit1.2.3. |
| Red fruit or vegetables1.2.3. | Canned vegetables (in water)1.2.3. | Green leafy vegetables1.2.3. |
| Dried fruit1.2.3. | Fruit or vegetable juice 1.2.3. | Seasonal vegetables1.2.3. |

To find out when fruit and vegetables are in season, have a look at this guide from the National Farmers’ Union (NFU) <https://bit.ly/3LhD4Hn>