# **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 vegetables  1.  2.  3. | Seasonal fruit  1.  2.  3. |
| Red fruit or vegetables  1.  2.  3. | Canned vegetables  (in water)  1.  2.  3. | Green leafy vegetables  1.  2.  3. |
| Dried fruit  1.  2.  3. | Fruit or vegetable juice  1.  2.  3. | Seasonal vegetables  1.  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>