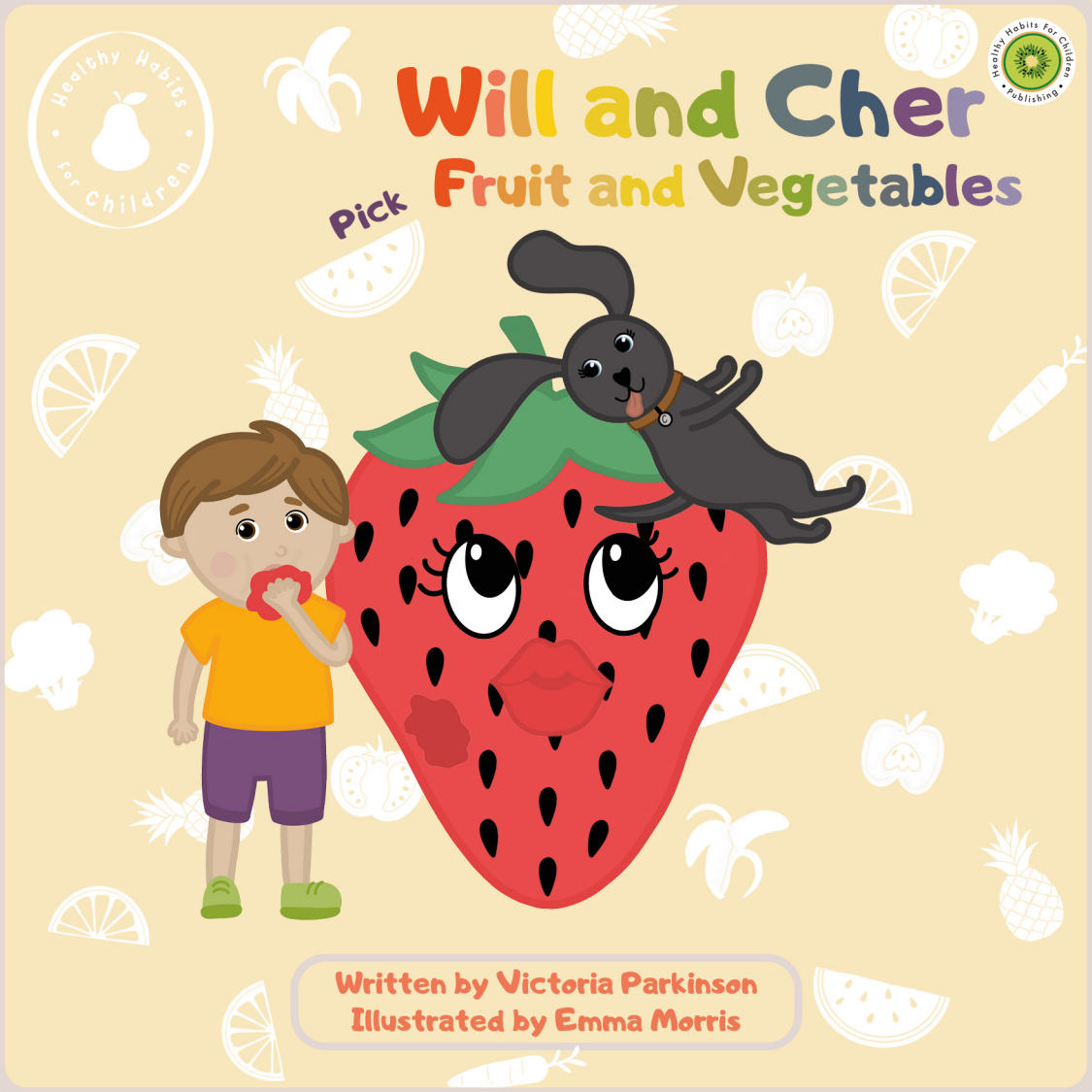




Will and Cher

Pick Fruit and Vegetables

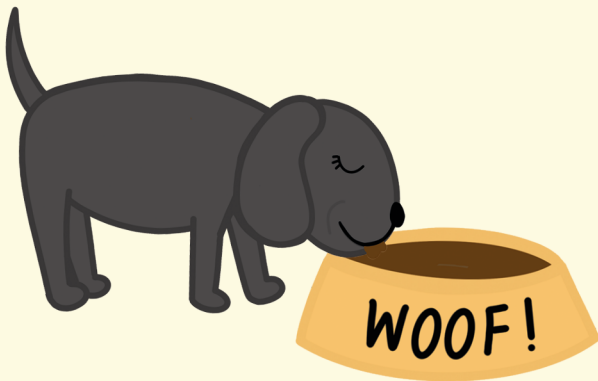


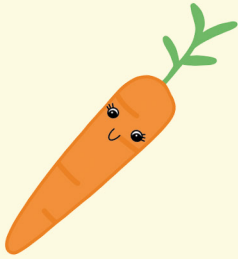
Written by Victoria Parkinson
Illustrated by Emma Morris



Today Cher is taking Will fruit and vegetable picking at the local farm.

They have their breakfast, with a glass of water, and off they go...





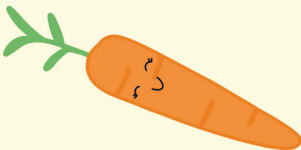
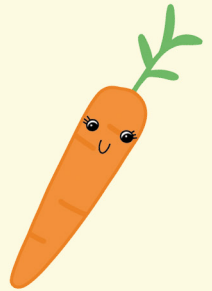
On the farm they pick shiny
red apples, from the apple trees.

“One, two, three, four, five!”

says Will as he places each
apple on to his tray.



“Yummy carrots,” says Cher.
One, two, three, four, five!



Will and Cher
pick fruit and vegetables





Will and Cher
pick fruit and vegetables



**Will and Cher handpick some sweet
potatoes, sweetcorn, cucumber,
strawberries and raspberries.**



**“Fruit and vegetables are
very good for you,”**

explains Cher.

“Yummy carrots,” says Cher.

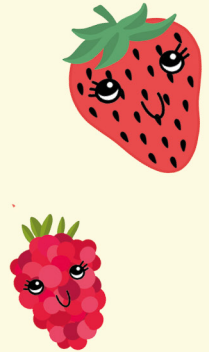
One, two, three, four, five!





Back home they make a smoothie with
the fruit they have picked.

“Mmm! Thank you for teaching me to be
healthy,” laughs Will, with a smoothie moustache.



Will and Cher
pick fruit and vegetables



“Hee! Hee!” laughs Cher as she
watches Will enjoy his smoothie.



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Fruit and Vegetable Facts

32

1. Not all oranges are orange.

38

2. Tomatoes are a fruit.

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3. You should eat at least 5 pieces of fruit and vegetables every day.

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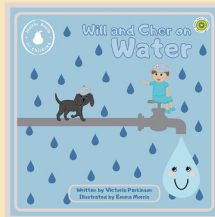
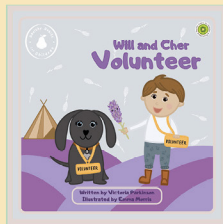
If a cauliflower
can be a pizza
you can be
anything!




Will and Cher go fruit and vegetable picking. Read about their day and how eating healthy is very good for you!



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