

Wordsearch

Can you find the 12 fruit and vegetables below?

B	E	H	V	H	C	A	N	I	P	S	A	F
A	G	R	A	P	E	F	R	U	I	T	D	E
G	S	A	N	A	N	A	B	R	B	G	M	S
R	V	P	O	K	G	H	T	E	O	B	V	E
C	U	K	S	D	A	V	F	V	E	R	M	I
U	T	L	O	G	C	L	I	A	F	O	F	R
C	O	H	D	O	I	U	E	P	B	C	T	R
U	E	G	A	P	L	E	P	P	U	C	U	E
M	F	I	C	S	R	O	G	L	V	O	I	B
B	I	T	O	M	A	T	O	E	S	L	E	E
E	U	R	V	T	G	C	S	K	L	I	L	U
R	I	T	A	C	R	A	F	G	T	F	A	L
V	L	S	K	S	T	O	R	R	A	C	F	B

Apple

Avocados

Bananas

Blueberries

broccoli

Carrots

cucumber

Garlic

Grapefruit

Kale

Spinach

Tomatoes

Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. Fruit and vegetables are a good source of vitamins, minerals and fibre.