

# FRUIT-1



**Name:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_ **Score** \_\_\_\_\_



**Fruit seller** - one who sells fruits



## **Banana**

1. It is a long, curved fruit with yellow skin.
2. It grows on trees in hot countries.
3. It is rich in potassium and calcium.



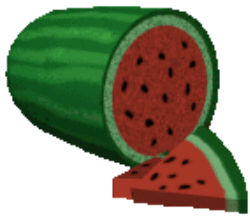
## **Pineapple:**

1. It is a large tropical fruit with thick rough skin.
2. It has sweet yellow flesh with a lot of juice.
3. It has stiff leaves on top.
4. It grows in hot countries.
5. It helps in healing many skin diseases.



### **Mango:**

1. It is a tropical fruit with smooth yellow or red skin.
2. It has soft orange flesh and a large seed inside.
3. Mangoes help to stop bleeding, to strengthen the heart, and to benefit the brain.



### **Watermelon**

1. It is a type of large melon.
2. It has hard dark green skin, red flesh and black seeds.



### **Dates**

1. It is a sweet sticky brown fruit.
2. It grows on a tree called a date palm.
3. It is very good for digestion.



### **Guava**

1. It is a small fruit with light green or yellow skin and white or pink flesh.



### **Peach**

1. It is a round fruit with soft red and yellow skin.
2. It has yellow flesh and a large rough seed inside.



### **Apricot**

1. It is a round fruit.
2. It has yellow or orange skin and a large seed inside.
3. Ripen apricots are very good for the young children as well as the older people.



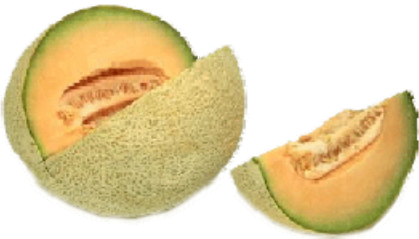
### **Plum**

1. It is a soft round fruit.
2. It has smooth red or purple skin.
3. It has sweet flesh and a large flat seed inside.



### **Fig**

1. It is a soft sweet fruit.
2. It is full of small seeds and often eaten dried.
3. Due to high sugar content it provides high energy.



## **Cantaloupe**

1. It is a melon with a tough green skin and orange flesh.
2. It is an excellent source of vitamin A.

