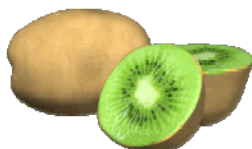


FRUIT-2



Name: _____ **Date:** ___/___/___ **Score** _____



Kiwi

1. It is a small fruit.
2. It has thin brown skin covered with small hairs.
3. It has soft green flesh and black seeds inside.
4. It is a rich source of potassium and other nutrients.



Apple

1. It is a hard, round, green, red and yellow fruit.
2. It grows on a tree.
3. It has seeds called pips.
4. It is a rich source of Iron and other nutrients.

"An apple a day keeps doctor away."



Grapes

1. It is a small, green or black fruit.
2. It grows in branches on a vine.

3. Wine is made from grapes.
4. Raisins are dried grapes.



Melon

1. It is a large fruit with hard yellow, green or orange skin.
2. It has sweet flesh and juice and a lot of seeds.



Cherry

1. It is a small soft round fruit.
2. It has shiny red or black skin.
3. It has a large seed inside.



Strawberry

1. It is a soft red fruit with very small yellow seeds on the surface.
2. It grows on shrubs.
3. It has many nutrients.
4. It can be efficiently used to prevent many diseases.



Papaya

1. It is a tropical fruit.
2. It has yellow and green skin.
3. It has sweet orange or red flesh and round black seeds.
4. It is very good for our skin.
5. It contains lots of roughage so it is very good for digestion.



Pear

1. It is a yellow or green fruit.
2. It is narrow at the top and wide at the bottom.
3. It has high content of vitamin C and iron.



Orange

1. It is a round citrus fruit.
2. It has thick reddish-yellow skin and a lot of sweet juice.
3. It is an excellent source of vitamin C.



Custard apple

1. It is a tropical fruit.
2. It is white inside and has many black seeds.



Litchi

1. It is a small Chinese fruit.
2. It has thick rough reddish skin.
3. It has white flesh and a large seed inside.
4. It is low in calories and rich in dietary fiber.



Pomegranate

1. It is a round fruit.
2. It has thick smooth skin.
3. It has red flesh full of large seeds.
4. It is a rich source of proteins, minerals and dietary fibres.



Avocado

1. It is a tropical fruit.
2. It has hard dark green skin.
3. It has soft, light green flesh and a large seed inside.
4. It is not sweet and is sometimes eaten at the beginning 3 of the meal.
5. It is a protein and fibre rich fruit, it also contains important minerals.

