Fresh from the Farm!

Heather Hammonds



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For Review Only

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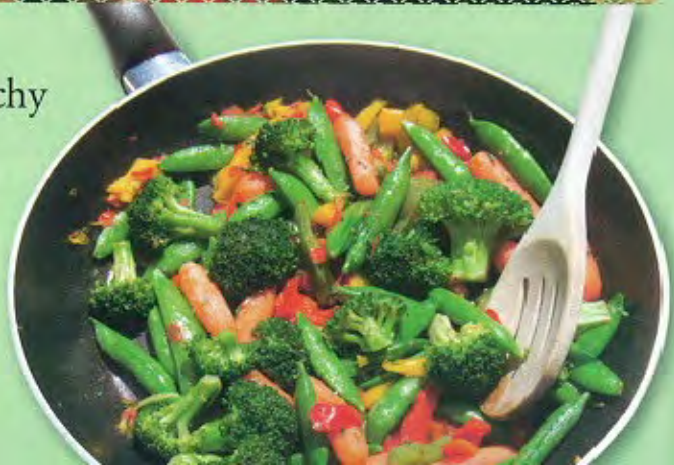
Chapter 1

Fresh Food, Good Food

Fresh fruit and vegetables are delicious. Some fruits are sweet and juicy. Other fruits are crisp and crunchy.



We can eat crisp and crunchy raw vegetables, or hot and tasty cooked vegetables.



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Fruit and vegetables are very good for us. They contain lots of **vitamins** and **minerals**. We need vitamins and minerals to help keep our bodies healthy and strong.





It is best to eat fresh fruit and vegetables. Older fruit and vegetables are not as good for us.

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Frozen or canned fruit and vegetables are also very good for us!

Chapter 2

Buying Fruit and Vegetables

We can buy fruit and vegetables from markets, greengrocers and supermarkets.

But where do these stores get their fruit and vegetables from?



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How are fruit and vegetables transported to markets, greengrocers and supermarkets?

How are they kept fresh while they are transported?



Turn the page to learn more!

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Fruit and vegetables are also called **fresh produce.**

Chapter 3

Down on the Farm

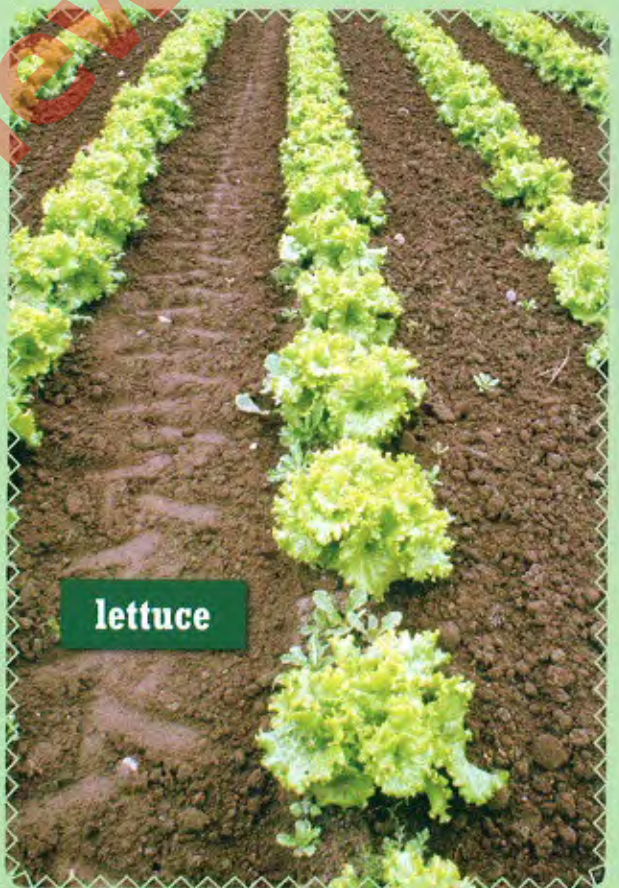
Fruit and vegetables are grown on farms before they are transported to markets, greengrocers and supermarkets.

Some farmers grow one kind of fruit or vegetable. Other farmers grow several kinds of fruit or vegetables.

Most fruit and vegetables take several months to grow.



apples



lettuce

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After fruit and vegetables have grown, they are **harvested**. They are picked very carefully so they are not **damaged**. If fruit or vegetables are squashed or marked, they will quickly rot.

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Many fruit and vegetables are picked by hand. But some are harvested with machines.