

Did you know?

- Tomatoes are a fruit and not a vegetable. In fact, tomatoes are the most popular fruit in the world!
- Dark green vegetables contain more vitamin C than light green ones.
- A kiwi fruit contains twice as much vitamin C as an orange.
- Eating more fruits and vegetables can significantly reduce your risk of nasty health problems like heart disease, high blood pressure, obesity and some cancer.
- Killer lemons! With their high acidic content, lemons can zap bacteria (it makes them great for cleaning your kitchen).
- Avocados are the world's most nutritious fruit. They're delicious too!
- A watermelon contains 92% water and just 6% sugar.
- Raisins are dried grapes. They contain lots of sugar.
- The word pasta comes from the Italian word for paste which means a combination of flour and water.
- The sandwich was named after John Montagu, the 4th Earl of Sandwich (maybe he liked picnics...).
- Milk is full of vitamins and minerals, especially calcium.
- Meat is a key source of protein. It's packed with essential nutrients like zinc, iron, and vitamin B12.
- Soya beans (or edamame beans), spinach, calcium-fortified juices, yogurt, and other dairy products have lots of calcium which builds strong bones and teeth and helps keep your nerves, glands, and muscles healthy.
- Want healthy gums, teeth and skin that heals super-fast? Munch on apricots, bell peppers, cabbage, cantaloupes, grapefruits, kiwi fruit, lemons, limes, oranges, papaya, pineapples, spinach, tomatoes and watermelons (but not all in one go!).