

## *Fruit & Vegetables – 5 colour groups*

### Yellow & Orange

Apricots  
Nectarines  
Cantaloupe  
Papayas  
Carrots  
Peaches  
Yellow tomatoes  
Yellow apples  
Grapefruit  
Golden kiwi fruit  
Mangoes  
Lemons  
Sweet corn  
Squash  
Butternut pumpkin  
Sweet potato  
Cape gooseberries  
Yellow figs  
Yellow pears  
Tangerines  
Yellow watermelon  
Oranges  
Yellow peppers

### Red

Raspberries  
Blood oranges  
Red potatoes  
Red grapes  
Red onions  
Pomegranates  
Cranberries  
Red peppers  
Radishes  
Tomatoes  
Red apples  
Cherries  
Strawberries  
Rhubarb  
Pink grapefruit  
Red pears  
Radicchio

### Green

Avocados  
Green apples  
Artichokes  
Squash  
Cucumber  
Green grapes  
Asparagus  
Endive  
Honey dew  
Broccoli  
Leafy greens  
Kiwi fruit  
Chinese broccoli  
Leeks  
Limes  
Brussel sprouts  
Green onion  
Chinese cabbage  
Green pears  
Okra  
Celery  
Peas  
Green peppers  
Sno peas  
Sugar snap peas  
Water cress  
Zucchini  
Spinach

### White

Bananas  
Dates  
White nectarines  
Garlic  
Kohlrabi  
Mushrooms  
Brown peas  
White corn  
Onions  
Parsnips  
Ginger  
Jerusalem artichokes  
Shallots  
Turnips

### Purple & Black

Purple asparagus  
Purple grapes  
Olives  
Purple onions  
Blackberries  
Figs  
Purple cabbage  
Raisins  
Purple asparagus  
Eggplant  
Purple endive  
Black currants  
Prunes  
Purple peppers