



WHITE PLANT FOODS

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Cauliflower is a type of cabbage! We eat its creamy-white flower buds

Coconuts really are nuts! They grow on tropical palm trees



Bean sprouts are the sprouts of seeds such as mung beans!



Porridge oats make a great breakfast – pop some fruit on top!

These little onions are called shallots

Mushrooms are a type of fungus – they count towards your 5 A DAY!

Haricot beans are used to make baked beans

Butter beans are sometimes called Lima beans

Cannellini beans are popular in Italy!

This is what swede looks like inside

Chickpeas are used to make hummus

Pasta and potatoes are types of starchy food

Parsnips are related to carrots!

Celeriac makes lovely mash!

White cabbage can be eaten raw – you use it to make coleslaw

Garlic is a member of the onion family

Turnip is a root vegetable – it grows underground

Nuts contain good fat but some people are allergic to them

The mooli is a giant radish!



Can you think of any white plant foods that aren't on this page?