



YELLOW PLANT FOODS

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Grapefruit is nothing like a grape! It's pink inside and sour to taste

The peel on the outside of a lemon can be grated and used in cooking. Lemons can also be squeezed for their juice. Easy-peasy lemon squeezy!

When we eat baby corn, we eat the whole thing – including the bit in the middle that the kernels are attached to

Split peas go mushy when you cook them – they are perfect for soups and dhals

Next time you have a corncob, count the kernels!

Butternut squash is yellow on the outside and orange on the inside

Ugli fruit is not so ugly! It is a cross between a mandarin and a grapefruit

Some plums are purple but others are... yellow!

These are oyster mushrooms

Bananas are full of energy

Pasta is usually made from wheat but it can be made from corn, which makes it more yellow in colour

Yellow cherry tomatoes are yum!

Try polenta instead of mashed potato. It's made from maize!

When green peppers ripen, they turn red, orange or... yellow!

This melon is green inside!

Guavas look like pears. Some have more than 500 seeds!

When the outside of this corn gets very hot, it explodes – to make popcorn!

Papaya is also called pawpaw. Its orange flesh is full of black seeds that you can eat!

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

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