



---

# FRUIT IN THE GARDEN

---

Workbook



June 2020

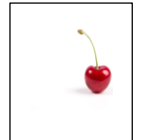
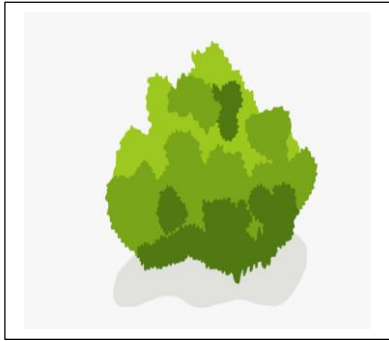
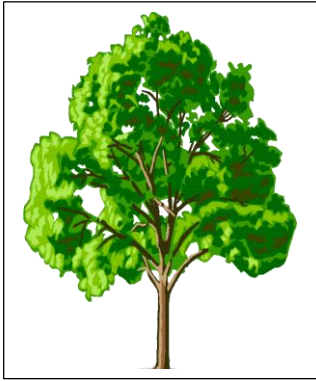
## Fruit (Video x2)

Fruit is the edible part of a plant that develops from a flower. It has seeds as part of the fruit. It is rich in vitamin C which helps the body to heal cuts and wounds and build strong bones and teeth.

Fruits generally grow in one of three places, on trees, on bushes or on vines.



Can you match up the fruit to where it grows?

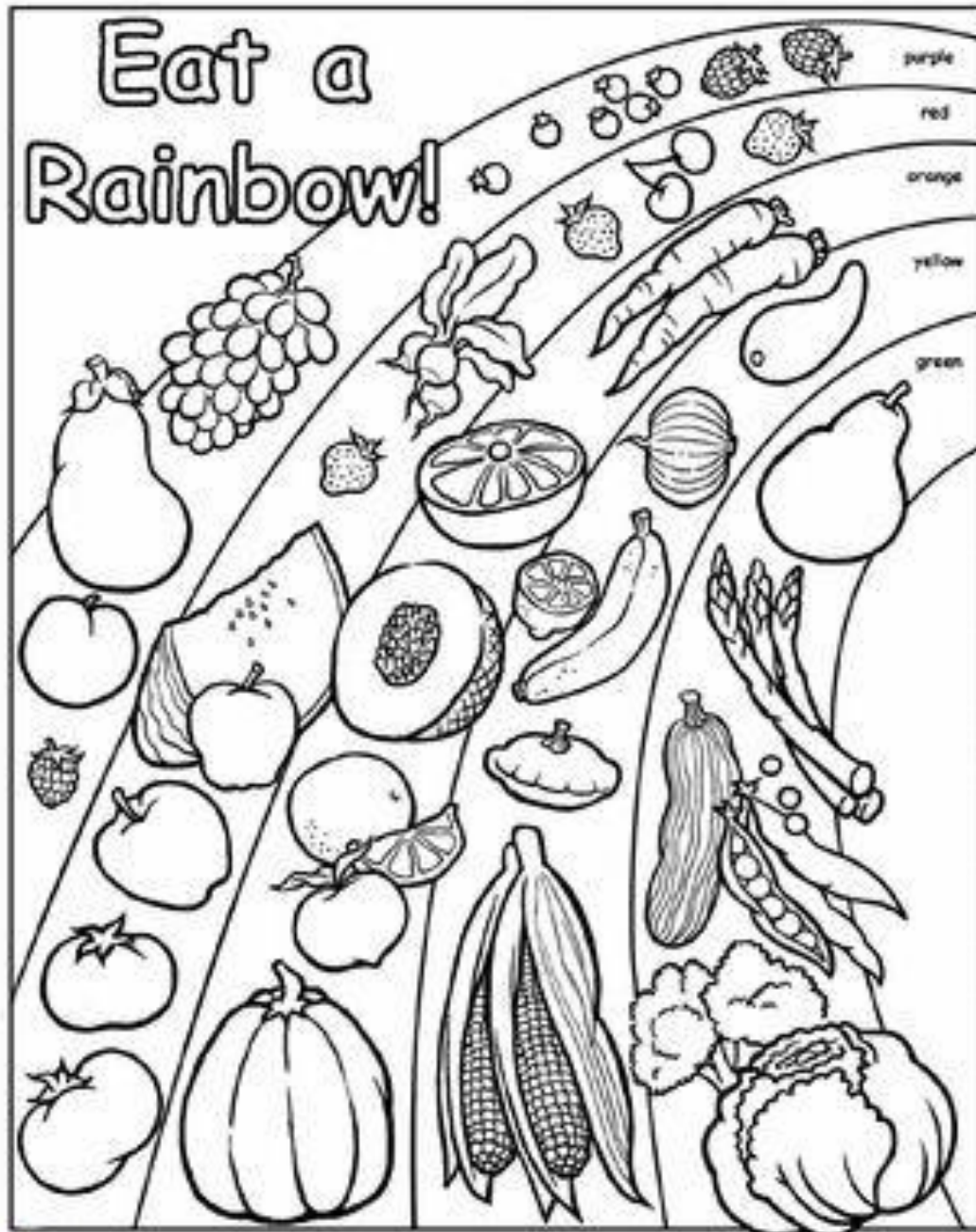


Vine – grape, strawberry, melon. Bush – goseberry, blackcurrant, raspberry  
Tree – apple, pear, cherry, plum, orange

Did you know that you should eat a variety of different coloured fruits and vegetables?

Red are good for the heart, Orange/yellow are good for the eyes, green is good for the stomach, blue/purple is good for the brain and white/tan are good at fighting germs.

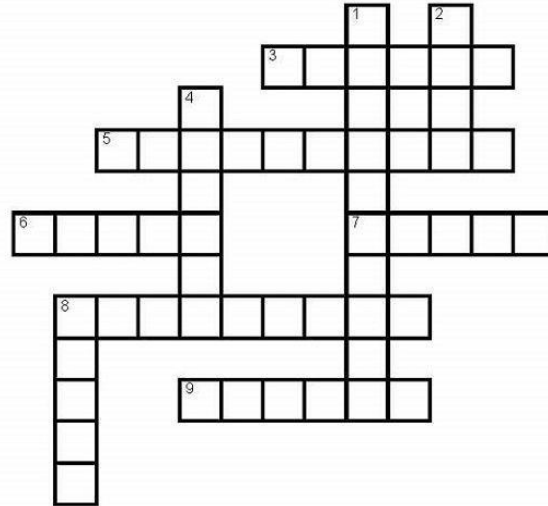
Colour the picture below to find out which fruits and vegetables you should eat.



Can you solve the puzzle? (Answers below)



# Fruits Crossword



## Across

3. gr \_ \_ \_ \_



5. st \_ \_ w \_ e \_ \_ y



6. l \_ \_ \_ \_



7. m \_ \_ g \_



8. p \_ n \_ ap \_ \_ \_



9. b \_ n \_ n \_



## Down

1. w \_ t \_ r m \_ l \_ n



2. p \_ \_ r



4. or \_ \_ \_ \_



8. p \_ \_ \_ \_



Down – 1. Watermelon, 2. Pear, 4. Orange, 8. Peach

Across – 3. Grape, 5. Strawberry, 6. Lemon, 7. Mango, 8. Pineapple, 9. Banana

6/11/2020

Frozen Yogurt Bark with Berries - Print



Print

## Frozen Yogurt Bark with Berries

★★★★★

Frozen Yogurt Bark with Berries - Frozen yogurt studded with gorgeous blue and red berries! A delicious, fun, and healthy dessert!

**SmartPoints**      Blue: 4    Green: 4    Purple: 4    Freestyle: 2

**Course**              Desserts  
**Cuisine**             American

**Prep Time**          10 minutes  
**Cook Time**         50 minutes  
**Total Time**        1 hour

**Servings**           8 Servings  
**Calories**            80 kcal  
**Author**             Katerina | Diethood

### Ingredients

- ◆ 2 cups nonfat plain yogurt
- ◆ 1/4 cup agave (honey or maple syrup are also OK to use)
- ◆ 1/2 teaspoon pure vanilla extract
- ◆ 1/4 teaspoon fresh lemon juice
- ◆ pinch salt
- ◆ strawberries, sliced
- ◆ blueberries
- ◆ raspberries
- ◆ chopped pecans, for garnish

### Instructions

1. Line a baking sheet with wax paper and set aside.
2. In a large mixing bowl combine yogurt, agave, vanilla, lemon juice, and salt; whisk until thoroughly combined.
3. Transfer yogurt mixture to previously prepared baking sheet and spread it around to an even thickness.
4. Top with berries.
5. Garnish with nuts (optional)
6. Freeze for 2 to 3 hours, or until firm.
7. Cut into pieces and serve.
8. Keep in the freezer.

# Gooseberry Fool

Preparation time

less than 30 mins

Cooking time

less than 10 mins

Serves

Serves 6



## Ingredients

500g/1lb 4oz gooseberries, topped and tailed

100g/3½oz caster sugar

3 tbsp elderflower cordial

200g/7oz double cream

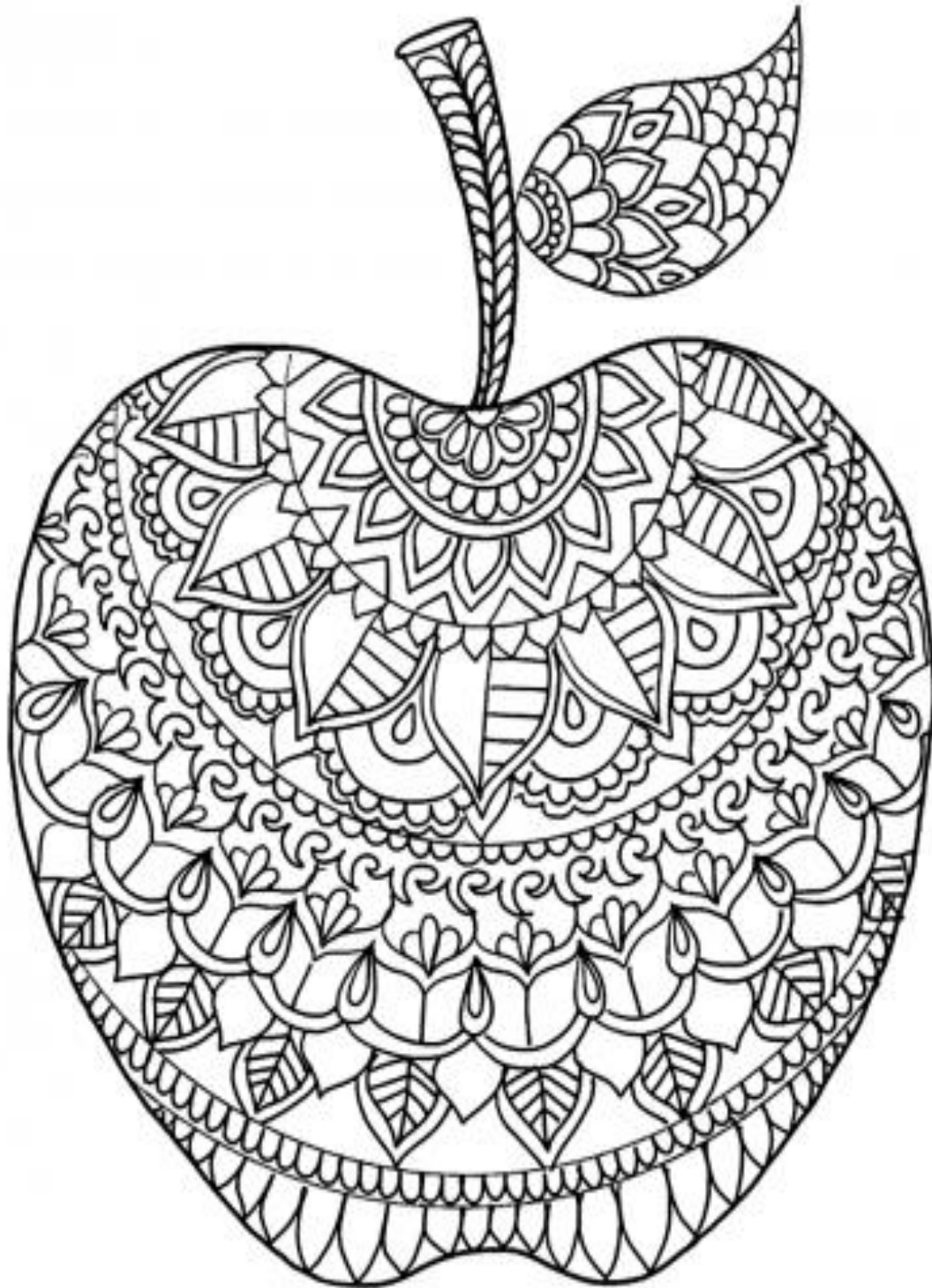
100ml/3½fl oz thick Greek-style yoghurt or crème fraîche

fresh mint sprigs, to decorate (optional)

## Method

1. Put the gooseberries, sugar and cordial in a saucepan. Cook on a high heat until the sugar has dissolved and the fruit is soft. Remove from the heat and reserve a quarter of the cooked gooseberries
2. Blend the remaining cooked gooseberries in a blender or food processor, then sieve to remove the skins. Set aside to cool.
3. Whisk the cream in a bowl until soft peaks form when the whisk is removed from the bowl. Fold in the yoghurt and fold in the blended gooseberries. Divide between six glasses.
4. Leave the glasses in the fridge for at least 2 hours, to allow the fool to thicken.
5. To serve, spoon the remaining gooseberries over the top of the fool and decorate with the mint, if using. Serve with a shortcake biscuit.





Enjoy colouring this apple.