

Mixed Veg!

Youngsters who mix up their veg. (From an article in the *Daily Mail* 30th April 2013)

Half of British children cannot distinguish between a cucumber and a courgette, research has found. In tests, one in four failed to identify an aubergine, while 7% mistook spinach for lettuce. Further, only 10% could recognise a leek, and just one in five know what an avocado looked like.

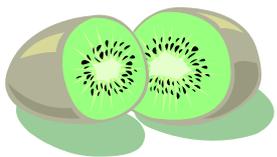
The survey of youngsters aged up to 16, was carried out by the Children's Food Trust, as part of a study into the effects of learning to cook when young.

Those who have got to grips in the kitchen before the age of eight are 50% more likely to have a healthy diet, it was found.

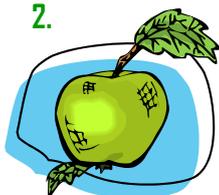
But British children only begin acquiring culinary skills at the age of nine, two years after those in France and Germany, according to the Trust. A spokesman said: "There has never been a more critical time to focus on getting kids cooking."

Can you identify these fruits and vegetables?

1.



2.



3.



4.



5.



6.



7.



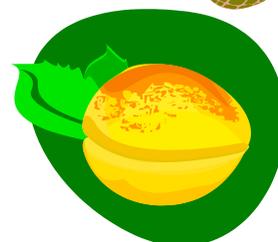
8.



9.



10.



So, how did you do on your fruits?% How did your group do as a whole?
.....%

What do you think of your score?

Do you eat fruit regularly? Would it be possible to grow your own fruit at home, e.g. blue
berries, rhubarb or strawberries?

Do you think you have a healthy diet?.....

Could you improve it?

Do you ever cook at home? Why/Why not?