

Leo and George's learning adventure



Summer Fruits and Vegetables

Many fruits and vegetables grow in the summer.
They are tasty, colorful, and good for our bodies!

Summer Vegetables

These vegetables are full of water, vitamins, and minerals.
They help our bodies stay cool and strong!



Tomato
Juicy and sweet!
Good for our skin.



Cucumber
High in water!
Helps keep us cool.



Eggplant
Soft and tasty!
Good for our stomach.



Green Pepper
Full of vitamin C!
Helps our body fight colds.



Corn
Sweet and full of energy!
Good for our brains.

Why are they good in summer?



They have lots of water to keep us hydrated.



They give us vitamins and help us stay healthy.



They help our body stay cool in hot days.



Summer Fruits

These fruits are sweet, juicy, and full of water and vitamins!



Watermelon
Very juicy!
Helps us stay cool and hydrated.



Peach
Soft and sweet!
Good for our skin.



Grapes
Small but powerful!
Full of vitamins and antioxidants.



Pineapple
Sweet and tangy!
Good for our digestion.



Blueberries
Tiny but healthy!
Good for our eyes and memory.

Quiz Time!

1 Which is a summer vegetable?
Circle the correct answer.



(A)



(B)



(C)

2 Which is a summer fruit?
Circle the correct answer.



(A)



(B)



(C)

3 Match the food to its benefit.

Tomato

• Good for our eyes and memory.

Cucumber

• Helps keep us cool.

Blueberries

• Good for our skin.

Corn

• Gives us energy.

4 Why are summer fruits and vegetables good for us?
Circle the correct answer.

- ☐ They are full of water and vitamins.
- ☐ They are only sweet.
- ☐ They come from other planets.



5 Which group has only summer fruits?
Circle the correct answer.

(A)



(B)



6 True or False?
Circle the correct answer.

Eating fruits and vegetables in summer helps our body stay cool and healthy.

True

False



7 Draw a picture of your favorite summer fruit or vegetable.
Write its name and one reason why you like it.

Name: _____

Why I like it: _____

