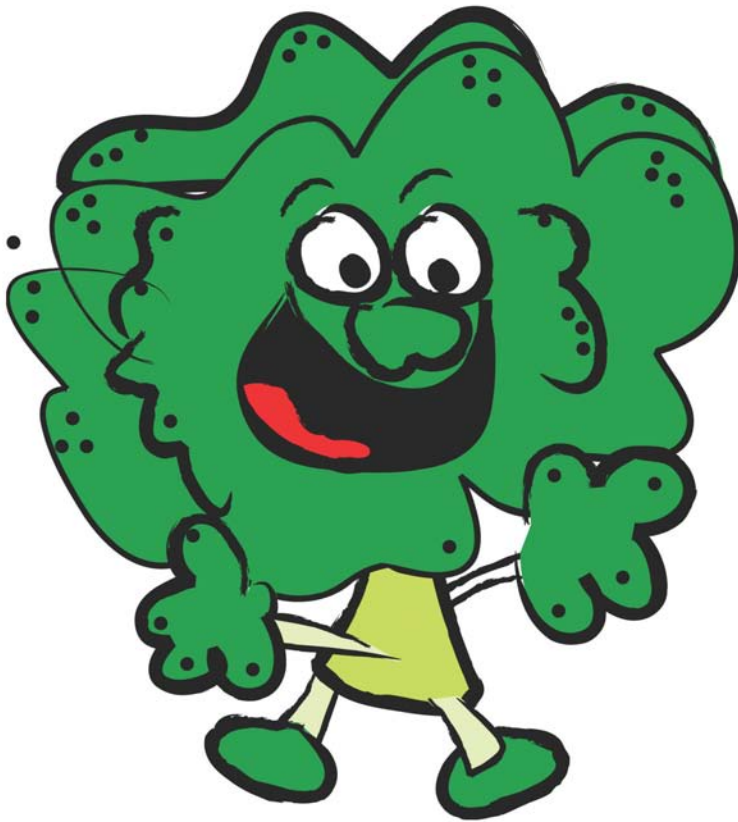


Broccoli Bush



I Belong to the Fruit and **Vegetable Group**. I contain lots of vitamins and minerals that help your body your work properly and fight infections like colds and flu.

Other vegetables that belong in this group include;

**Peas; carrots; sweetcorn;
cauliflower; cabbage;
mushrooms; turnips; lettuce;
tomatoes; cucumber; beetroot;
leeks;**

Don't forget to eat **5** portions everyday