



Fruit and vegetables - **vocabulary**

Fruits and vegetables are really good for you because they are full of fibre, minerals and vitamins. To stay healthy it is really important to eat lots of fresh fruit and vegetables. Try eating them as a healthy snack or juicing some into a tasty drink.



Beetroot (two part sign)

Make a fist using your right hand with index finger extended and slightly bent. Brush the tip of the index finger downwards twice over the lips to make the sign for 'red'. Then use the right index finger to draw the circular outline of the 'root' just above the palm of the left hand.



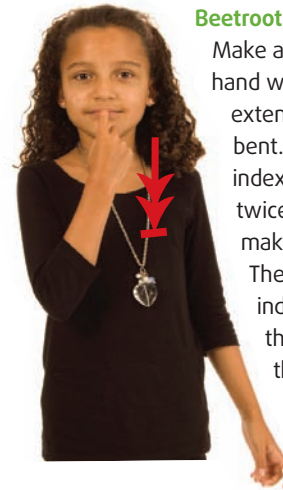
Apple

A full 'C' hand mimes holding an apple in front of the mouth and then twists forwards at the wrist as if taking a bite from the 'apple'.



Banana

Mime peeling a banana.



Blackberry (two part sign)

Sign 'black' by moving a closed hand down the side of the cheek and then add the sign for 'berry'.

Berry



Blackcurrant (two part sign)

Sign 'black' followed by finger spelling the letter 'C'.

