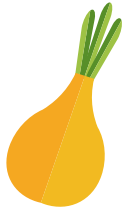


The A-Z Fruit and Vegetable Challenge



Albion in the Community

Eating a variety of health foods is an important part of helping you stay match fit. Fruit and vegetables are a great way to get the minerals and vitamins your body needs to stay fit and strong and are an important part of any footballer's diet.



There are so many different types of fruit and vegetables you can choose from – it doesn't have to just be broccoli and sprouts!

Different types of fruit and vegetables contain different vitamins and minerals, so it is important to try and many types as you can.

How many types of fruit and vegetables can you name in 20 minutes? You get one point for each correct answer.

Why not challenge the rest of your family, with the winner getting to pick what you have for dinner, or challenge a friend during an online video chat?

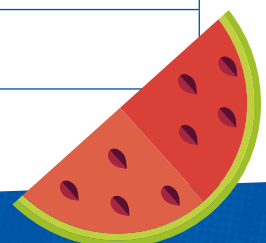
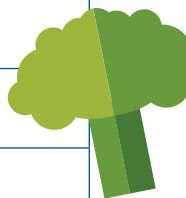
Good luck!



And don't look at our answer sheet until your 20 minutes are up!



	Can you think of a fruit or vegetable starting with each letter of the alphabet?	Points (1 per each correct answer)
A		
B		
C		
D		
E		
F		
G		
H		
I		



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	Can you think of a fruit or vegetable starting with each letter of the alphabet?	Points (1 per each correct answer)
J		
K		
L		
M		
N		
O		
P		
Q		
R		
S		
T		
U		
V		
W		
X		
Y		
Z		
Total points		

Find out how many questions you answered correctly by checking the answers sheet.

    albioninthecommunity.org.uk

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