```sql
CREATE TABLE fruits (
fruit_id INT PRIMARY KEY,
F_name VARCHAR(50),
color VARCHAR(20),
taste VARCHAR(50),
season VARCHAR(20)
);

INSERT INTO fruits (fruit_id, F_name, color, taste, season)
VALUES (1, 'Apple', 'Red', 'Sweet', 'Autumn'),
(2, 'Banana', 'Yellow', 'Sweet', 'All year round'),
(3, 'Orange', 'Orange', 'Sweet', 'Winter'),
(4, 'Strawberry', 'Red', 'Sweet', 'Spring'),
(5, 'Blueberry', 'Blue', 'Sweet', 'Summer'),
(6, 'Pineapple', 'Yellow', 'Sweet and tangy', 'All year round'),
(7, 'Mango', 'Yellow', 'Sweet', 'Summer');
SELECT * FROM fruits;


CREATE TABLE nutrients (
nutrient_id INT PRIMARY KEY,
N_name VARCHAR(50),
unit VARCHAR(20)
);

INSERT INTO nutrients (nutrient_id, N_name, unit)
VALUES (1, 'Vitamin C', 'mg'),
(2, 'Potassium', 'mg'),
(3, 'Fiber', 'g'),
(4, 'Vitamin A', 'IU'),
(5, 'Calcium', 'mg'),
(6, 'Iron', 'mg');
SELECT * FROM nutrients;
```

```sql
CREATE TABLE fruit_nutrients (
fruit_id INT,
nutrient_id INT,
amount DECIMAL(10,2),
FOREIGN KEY (fruit_id) REFERENCES fruits(fruit_id),
FOREIGN KEY (nutrient_id) REFERENCES nutrients(nutrient_id)
);

INSERT INTO fruit_nutrients (fruit_id, nutrient_id, amount)
VALUES (1, 1, 12),
(1, 2, 195),
(1, 3, 4),
(2, 1, 10),
(2, 2, 420),
(2, 3, 3),
(3, 1, 60),
(3, 2, 235),
(3, 3, 4);
SELECT * FROM fruit_nutrients;
```

```sql
-- 1. Insert a new fruit, "Avocado," with a green color, sweet and creamy taste, and available in the fall season.
-- Assign it a unique fruit_id.
INSERT INTO fruits (fruit_id, F_name, color, taste, season)
VALUES (8, 'Avocado', 'Green', 'Sweet and creamy', 'Autumn');
SELECT * FROM fruits;

-- 2. Find all fruits from the fruits table whose names start with the letter 'A'.
SELECT * FROM fruits WHERE F_name LIKE 'A%';

-- 3. List all fruit's (name, amount and taste) with their corresponding vitamin C.
SELECT f.F_name, fn.amount, f.taste
FROM fruits f JOIN fruit_nutrients fn
ON f.fruit_id = fn.fruit_id
JOIN nutrients n ON fn.nutrient_id = n.nutrient_id
WHERE n.N_name = 'Vitamin C';

-- 4. Change the taste of the fruit with fruit_id 5 to "Tart."
UPDATE fruits
SET taste = 'Tart'
WHERE fruit_id = 5;
SELECT * FROM fruits;

-- 5. Remove all records from the fruit_nutrients table where the fruit_id is 3.
DELETE FROM fruit_nutrients
WHERE fruit_id = 3;
SELECT * FROM fruit_nutrients;

-- 6. What is the average vitamin C content among all fruits?
SELECT AVG(amount) AS avg_vitaminC_content FROM fruit_nutrients fn JOIN nutrients n
ON fn.nutrient_id = n.nutrient_id WHERE n.N_name = 'Vitamin C';

-- 7. Find all fruits that are red in color and have a sweet taste, ordered by their amount in descending order.
SELECT * FROM fruits f JOIN fruit_nutrients fn
ON f.fruit_id = fn.fruit_id
WHERE f.color = 'Red' AND f.taste = 'Sweet' ORDER BY fn.amount DESC;
```

fruit_id	F_name	color	taste	season
1	Apple	Red	Sweet	Autumn
2	Banana	Yellow	Sweet	All year round
3	Orange	Orange	Sweet	Winter
4	Strawberry	Red	Sweet	Spring
5	Blueberry	Blue	Sweet	Summer
6	Pineapple	Yellow	Sweet and tangy	All year round
7	Mango	Yellow	Sweet	Summer

nutrient_id	N_name	unit
1	Vitamin C	mg
2	Potassium	mg
3	Fiber	g
4	Vitamin A	IU
5	Calcium	mg
6	Iron	mg

fruit_id	nutrient_id	amount
1	1	12
1	2	195
1	3	4
2	1	10
2	2	420
2	3	3
3	1	60
3	2	235
3	3	4

fruit_id	F_name	color	taste	season
1	Apple	Red	Sweet	Autumn
2	Banana	Yellow	Sweet	All year round
3	Orange	Orange	Sweet	Winter
4	Strawberry	Red	Sweet	Spring
5	Blueberry	Blue	Sweet	Summer
6	Pineapple	Yellow	Sweet and tangy	All year round
7	Mango	Yellow	Sweet	Summer
8	Avocado	Green	Sweet and creamy	Autumn

fruit_id	F_name	color	taste	season
1	Apple	Red	Sweet	Autumn
8	Avocado	Green	Sweet and creamy	Autumn

F_name	amount	taste
Apple	12	Sweet
Banana	10	Sweet
Orange	60	Sweet

fruit_id	F_name	color	taste	season
1	Apple	Red	Sweet	Autumn
2	Banana	Yellow	Sweet	All year round
3	Orange	Orange	Sweet	Winter
4	Strawberry	Red	Sweet	Spring
5	Blueberry	Blue	Tart	Summer
6	Pineapple	Yellow	Sweet and tangy	All year round
7	Mango	Yellow	Sweet	Summer
8	Avocado	Green	Sweet and creamy	Autumn

fruit_id	nutrient_id	amount
1	1	12
1	2	195
1	3	4
2	1	10
2	2	420
2	3	3

avg_vitaminC_content
11

fruit_id	F_name	color	taste	season	fruit_id	nutrient_id	amount
1	Apple	Red	Sweet	Autumn	1	2	195
1	Apple	Red	Sweet	Autumn	1	1	12
1	Apple	Red	Sweet	Autumn	1	3	4