

Vocabulary	
Types of vegetable	Types of fruit
Beans	Apple
Broccoli	Banana
Cabbage	Blackberry
Carrot	Cherry
Cauliflower	Grape
Celery	Lemon
Leek	Melon
Lettuce	Pear
Onion	Plum
Pea	Raspberry
Potato	Strawberry
Pumpkin	Tomato
Spinach	Watermelon


## 14.1 Follow-up

Try to complete 1–5 using the fruit and vegetables below. Then check your answers using Reading 14.1.

apples blackberries cabbages carrots cherries leeks lettuces onions plums potatoes  
raspberries strawberries

- 1 Leaf crops: \_\_\_\_\_ , \_\_\_\_\_
- 2 Vegetables that grow below ground: \_\_\_\_\_ , \_\_\_\_\_
- 3 A fruit you can store for a long time in a cool, dry place: \_\_\_\_\_
- 4 Vegetables you can store for a long time in a cool, dry place: \_\_\_\_\_ , \_\_\_\_\_
- 5 Soft fruits: \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_


### Reading 14.1




If you grow your own fruit and vegetables, or buy it fresh, it's perfectly possible to eat and store locally grown produce all year round – without going near a freezer.

- Some types of vegetables are available in a number of **different varieties**, with each variety coming into season at a different time of year. Good examples are leaf crops, such as cabbages and lettuces.
- Some vegetables that grow below ground can be **left in the ground for winter**, and dug up and eaten during the winter months. Examples are carrots and leeks, which stay fresh even in reasonably frosty weather.

- Certain types of fruit and vegetable can be eaten over the winter, as they can be harvested in autumn and **stored for long periods in a cool, dry place**. Some apples, onions and potatoes can be kept this way for several weeks.
- Most soft fruit, such as blackberries, cherries, plums, raspberries and strawberries, can be picked for only a short time and don't stay fresh for long – so are best eaten in season. But don't forget you can use them to **make jam**, which keeps for months.





### Practice Exercise 1

Write the name of the fruit or vegetable below each picture.



1



2



3



4



5



6



7



8

## Practice Exercise 2

Which veggies can you use to make the following dishes. You can repeat the ingredients if needed.

Beans	Broccoli	Cabbage	Carrot	Cauliflower
Leek	Lettuce	Onion	Pea	Potato
Spinach	Celery	Pumpkin		

1. **Pasta Salad**

○ Ingredients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

2. **Vegetable Sandwich**

○ Ingredients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

3. **Stir-Fried Vegetables**

○ Ingredients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

4. **Vegetable Soup**

○ Ingredients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

5. **Vegetable Curry**

○ Ingredients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

6. **Garden Salad**

○ Ingredients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## ANSWERS

### Follow up 14.1

- 1 Leaf crops: **lettuces** , **cabbages**
- 2 Vegetables that grow below ground: **carrots** , **leeks**
- 3 A fruit you can store for a long time in a cool, dry place: **apples**
- 4 Vegetables you can store for a long time in a cool, dry place: **onions** , **potatoes**
- 5 Soft fruits: **blackberries** , **cherries** , **raspberries** , **strawberries** , **plums**

### Practice Exercise 1

Write the name of the fruit or vegetable below each picture.



1 **Lettuce**



2 **Raspberry**



3 **Onion**



4 **Leek**



5 **Cherry**



6 **Pumpkin**



7 **Pear**



8 **Cauliflower**

### Practice Exercise 2

#### Example Matching:

1. **Pasta Salad:** Beans, Broccoli, Carrot
2. **Vegetable Sandwich:** Lettuce, Tomato, Onion
3. **Stir-Fried Vegetables:** Broccoli, Carrot, Onion
4. **Vegetable Soup:** Carrot, Celery, Onion
5. **Vegetable Curry:** Cauliflower, Potato, Pea
6. **Garden Salad:** Lettuce, Tomato, Cucumber