

Vegetables and fruits

1. What's your favourite vegetable and fruit?
2. How often do you eat fruits?
3. Are there any special fruits in your hometown?
4. Should we eat vegetables every day?

My top three favourite fruits and vegetables are broccoli, celery and grapes because all of them are both nutritious and delicious. Also, I want to give mushrooms an honourable mention as they are one of my favourite things to cook with, although they are a fungus.

I eat fruit at home on a daily basis. I always buy a lot of different types of fruit in the shopping mall at the weekends for my whole family.

Oh yes, there are loquat trees everywhere in my hometown. Loquat is very sweet and has lots of nutrition and is actually medicinal too.

Yes, we do. We really need to eat vegetables everyday because you simply cannot find another food group that is as perfectly matched to our everyday human needs. There are various proteins, fibre and vitamin that cannot be found in other foods such as meat.