SEE THE CARROTS IN THE GROUND
I PULL THEM HARD WITHOUT A SOUND
I WASH AND CLEAN THEM UP AND DOWN
I LOVE TO EAT THEM ALL YEAR ROUND
**Ingredients:**

- 1/2 pineapple
- 1/4 straberry
- 1 apple
- 2 kiwis fruits
- 2 oranges
- 1 sugar spoonful and juice.

Cut the fruit into pieces. Put it in a deep cavity together with the juice and let it rest in the refrigerator.

**FRUIT SALADE**

You can also find lots of interesting recipes on the Internet.

**WEBSITES**


http://www.indianfoodforever.com/rajaasthan/makki-paneer-pakora.html

**APPLE’S INTERVIEW**

**Journalist:** How are you Ms Apple?

**Apple:** I'm sad

**Journalist:** Why are you sad?

**Apple:** Because boys and girls don't eat me.

**Journalist:** Have you got any advice for those boys and girls?

**Apple:** Yes, I have. They should eat three pieces of fruit and vegetables everyday. And they should practice some sport too.