



Autumn Fruits

Autumn is the season after summer and before winter. Fruits* and vegetables are ripe¹ and ready for harvest². Why are they good for you?

FRUIT

► **Apples:** Apple trees come from Central Asia. There are thousands of different types of apple. They're yummy and full of vitamins. They're also rich in³ fibre⁴. They give you more energy than coffee!

► **Pears:** Pears come from Europe and Asia. They're full of juice, fibre, and vitamins. They're really good fresh, but you can eat them cooked, too. And they're good for your immune system.



Crisps (potato chips)

| British English | VS | American English |
|-----------------|----|------------------|
| British | | American |
| autumn | | fall |
| chips | | french fries |
| crisps | | potato chips |



Chips (French fries)

VEGETABLES

► **Potatoes:** Potatoes come from South America. There are a lot of carbohydrates⁵ in potatoes, so they are a bit like bread, pasta, and rice. But don't eat too many chips and crisps. There's a lot of fat⁶ in them.

► **Cabbage:** Cabbage comes from Europe. It's rich in vitamins K, C, A and B6. Cabbage is good in soups and salads. You can make coleslaw** and eat it fresh! Cabbage is super healthy and tasty!

MATCH

Match the English and Czech words.

- | | |
|------------------|--------------|
| 1. carbohydrates | a. bílkovina |
| 2. protein | b. draslík |
| 3. calcium | c. sodík |
| 4. potassium | d. sacharidy |
| 5. sodium | e. vápník |
| 6. fibre | f. vláknina |

TASK 1 jump

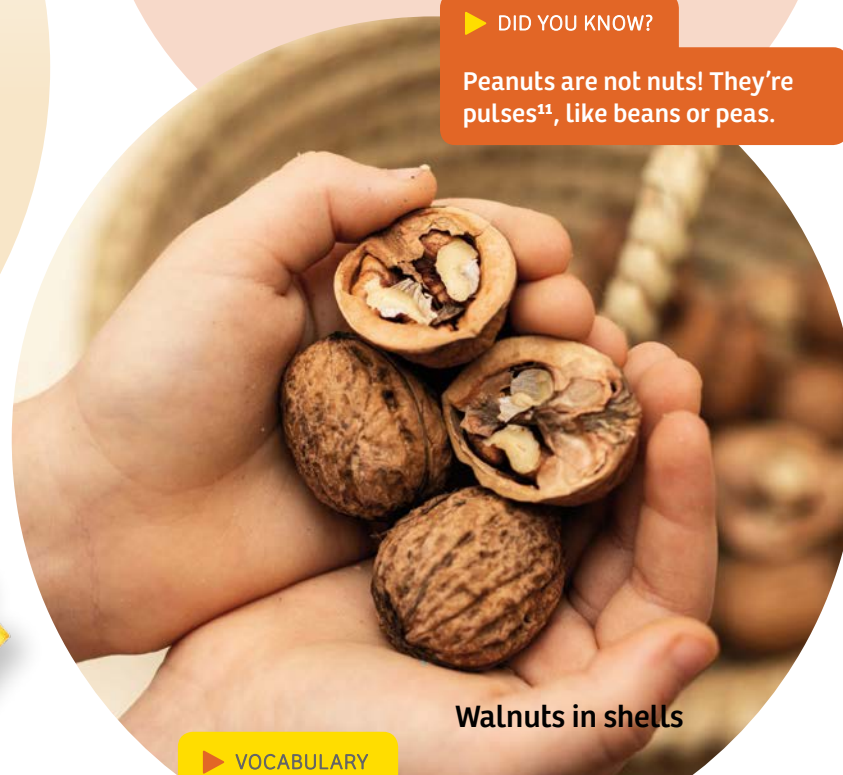
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AND WHAT ABOUT NUTS?

► In botany, a nut is a fruit with one seed⁷ in a hard shell⁸. It's not easy to open the shell. Nuts grow on trees in many parts of the world. They're rich in protein⁹ and healthy fats. In autumn, we harvest walnuts¹⁰.

DID YOU KNOW?

Peanuts are not nuts! They're pulses¹¹, like beans or peas.



Walnuts in shells

VOCABULARY

¹ ripe [raɪp] – zralý | ² harvest ['hɑ:vɪst] – sklizeň | ³ rich in [rɪtʃ ɪn] – bohatý na | ⁴ fibre ['faɪbə] – vláknina | ⁵ carbohydrate [ˌkɑ:bəʊ'hɑ:drɛɪt] – sacharid | ⁶ fat [fæt] – tuk | ⁷ seed [si:d] – semeno | ⁸ shell [ʃel] – skořápka | ⁹ protein ['prəʊtɪn] – bílkovina | ¹⁰ walnut ['wɔ:lɒt] – vlašský ořech | ¹¹ pulse [pʌls] – luštěnina

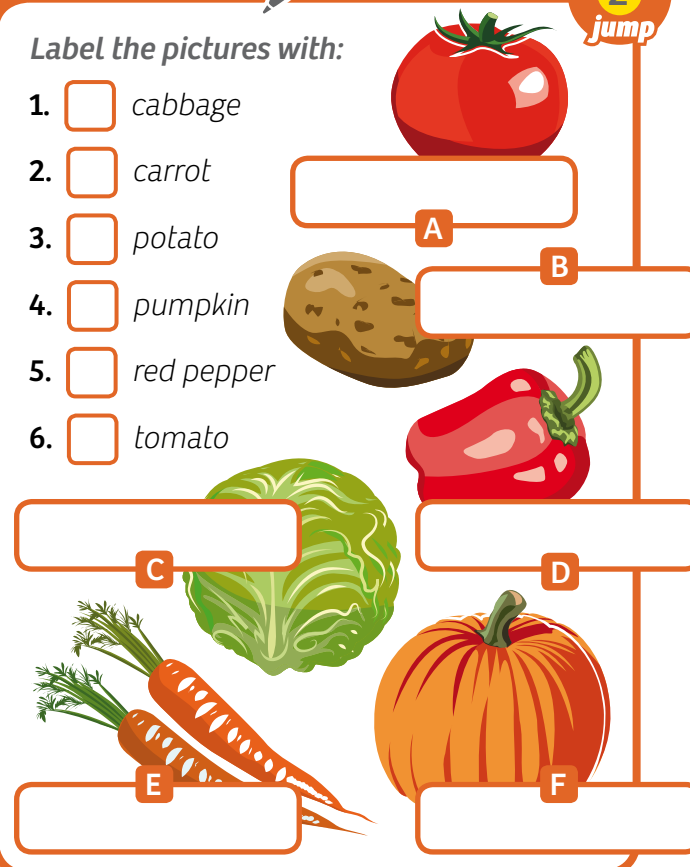
| | Potato (medium) | Cabbage (100g) |
|---------------|-----------------|----------------|
| Calories | 110 | 24 |
| Carbohydrates | 23g | 6g |
| Protein | 3g | 1g |
| Sodium | 10mg | 18mg |
| Potassium | 750mg | 170mg |
| Calcium | 12mg | 40mg |

(sodium – sodík, potassium – draslík, calcium – vápník)

LABEL THE PICTURES

Label the pictures with:

- cabbage
- carrot
- potato
- pumpkin
- red pepper
- tomato



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LANGUAGE NOTE

* fruit – as a group / fruits – different types (fruit – ovoce / plod)
 ** coleslaw – a salad made of fresh cabbage