

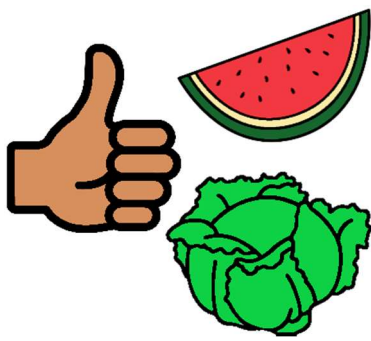


Access
Easy English



Fruit. Vegetables.

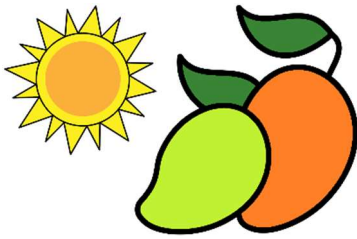
Summer.



It is good to eat fresh

- fruit
- vegetables.

They help you stay well.



They grow at different times. Like

- mangoes grow in summer
- mandarins grow in winter.



It is good to eat things when they grow.

You pay less money for them.

They are easy to find at the shop.

They will taste good.

December						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

29	January					
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

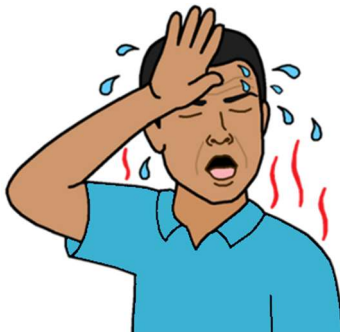
2	February					
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Summer. It is

- December
- January
- February.

It can be hot **before** December.

It can be hot **after** February.

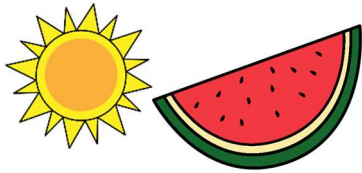


It is hot. You do **not** want hot food.



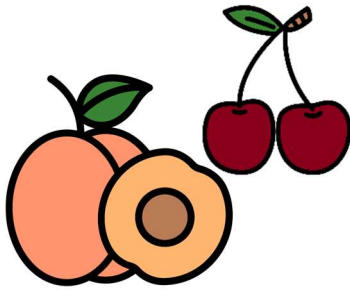
You can eat cold food. Like

- a salad
- fruit
- a sandwich.



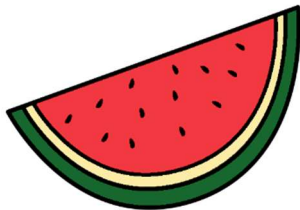
Summer fruit

It is good to eat now.



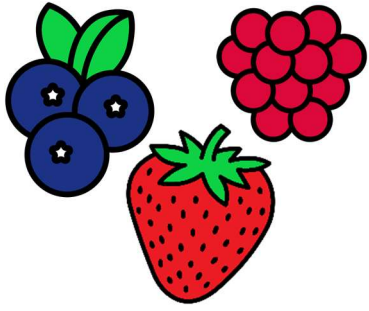
Stone fruit. It has 1 big seed. Like a

- peach
- cherry
- plum.



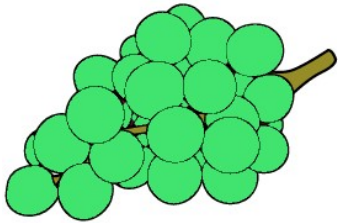
Melons. Like

- water melon
- rock melon.

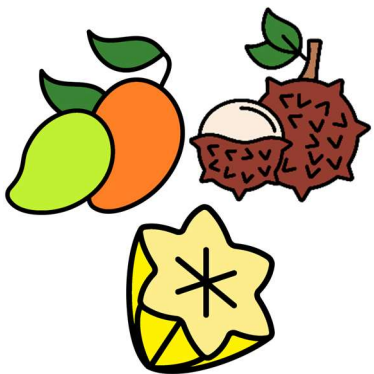


Berries. Like

- blue berries
- raspberries
- strawberries.

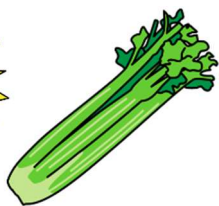


Grapes.



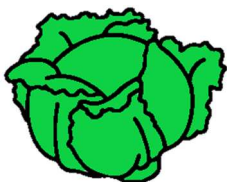
More fruit. It is

- mango
- lychee
- star fruit.



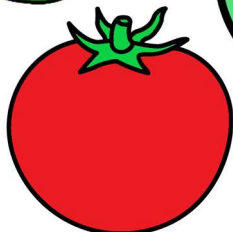
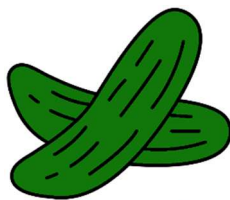
Summer vegetables

They are good to eat now.



Greens. They are

- lettuce
- celery
- Asian greens. Like bok choy.



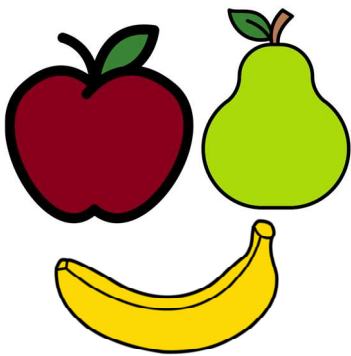
More vegetables.

- cucumber
- peas
- tomato
- zucchini.



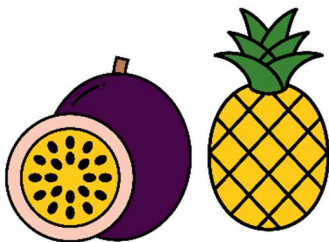
Some fruit grows all the time.

It is good to eat any time.



It is

- apples
- bananas
- pears.



More fruit is

- passion fruit
- pineapple.



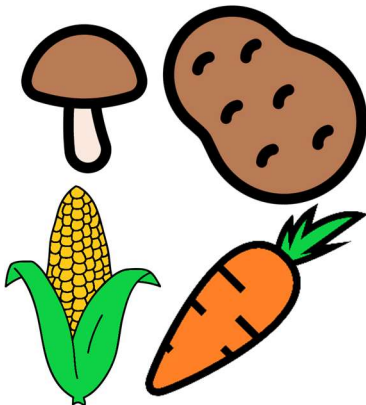
Some vegetables grow all the time.

They are good to eat any time.



It is some green vegetables.

- broccoli
- cabbage
- green beans.



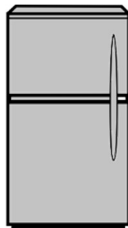
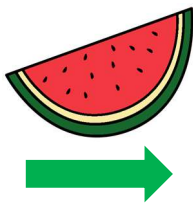
More vegetables are

- mushrooms
- potato
- carrots
- corn.



You buy fresh

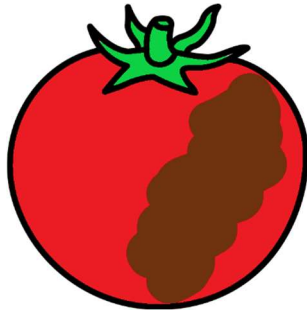
- fruit
- vegetables.



Put it in the fridge. It will stay fresh.

Eat it soon. Like in the next 3 days.

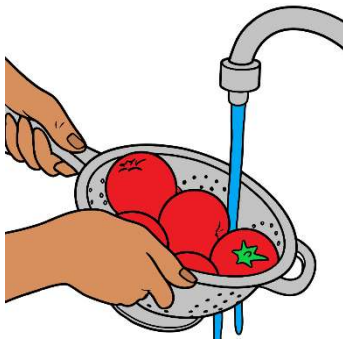




Your food may have stuff on it. Like

- dirt
- germs.

It may **not** be safe to eat.



Wash it. Use cold water.

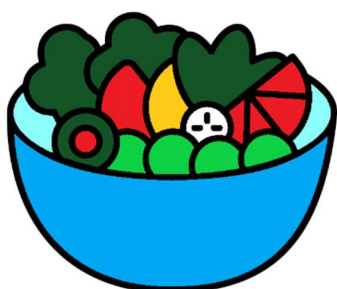
Do **not** use soap.

It is safe to eat now.

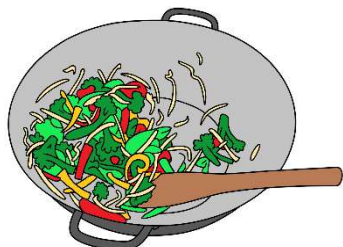




There are lots of ways to eat these foods.



You can try a salad.



You can try a stir fry.

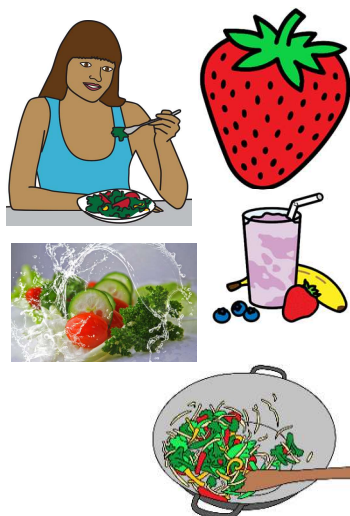


You can try a drink with fruit.

We call it a smoothie.

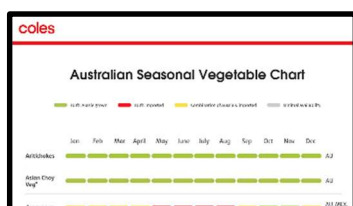
Images

We can use the images from



- Inspired Services
- The Noun Project
- Pixabay
- Tobii-Dynavox.

We used AI to help with some images.



Based on information from

Coles Australian Seasonal Fruit Chart

Coles Australian Seasonal Vegetable Chart

www.coles.com.au



Access
Easy English

Access Easy English wrote the Easy English.

26 November 2025.

We are not paid to write these stories.

Help us write a story a week.

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