



Fruit Alphabet Colouring Book

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Grace Morgan

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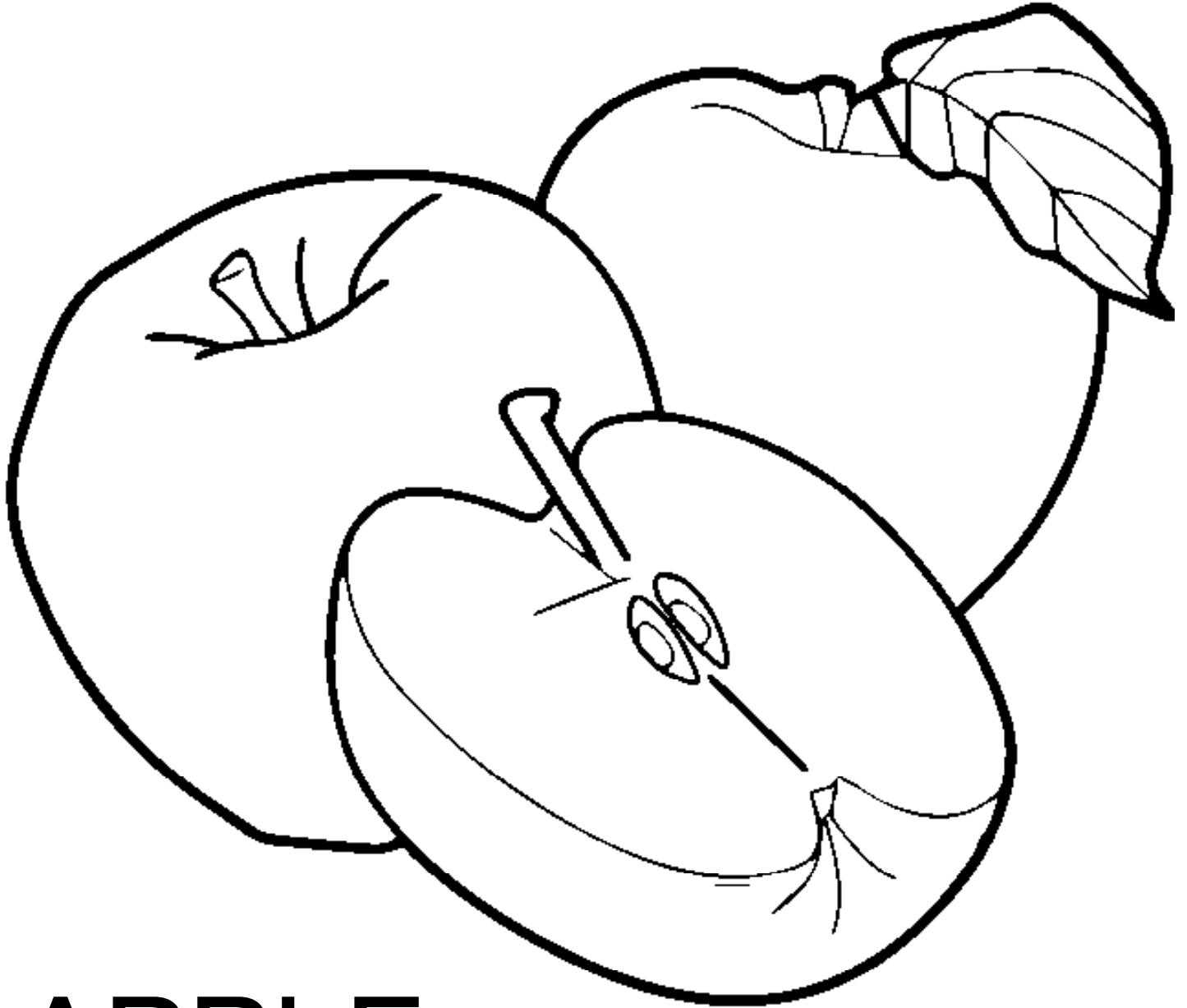
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Fruit
Alphabet
Colouring Book

This book belongs to:



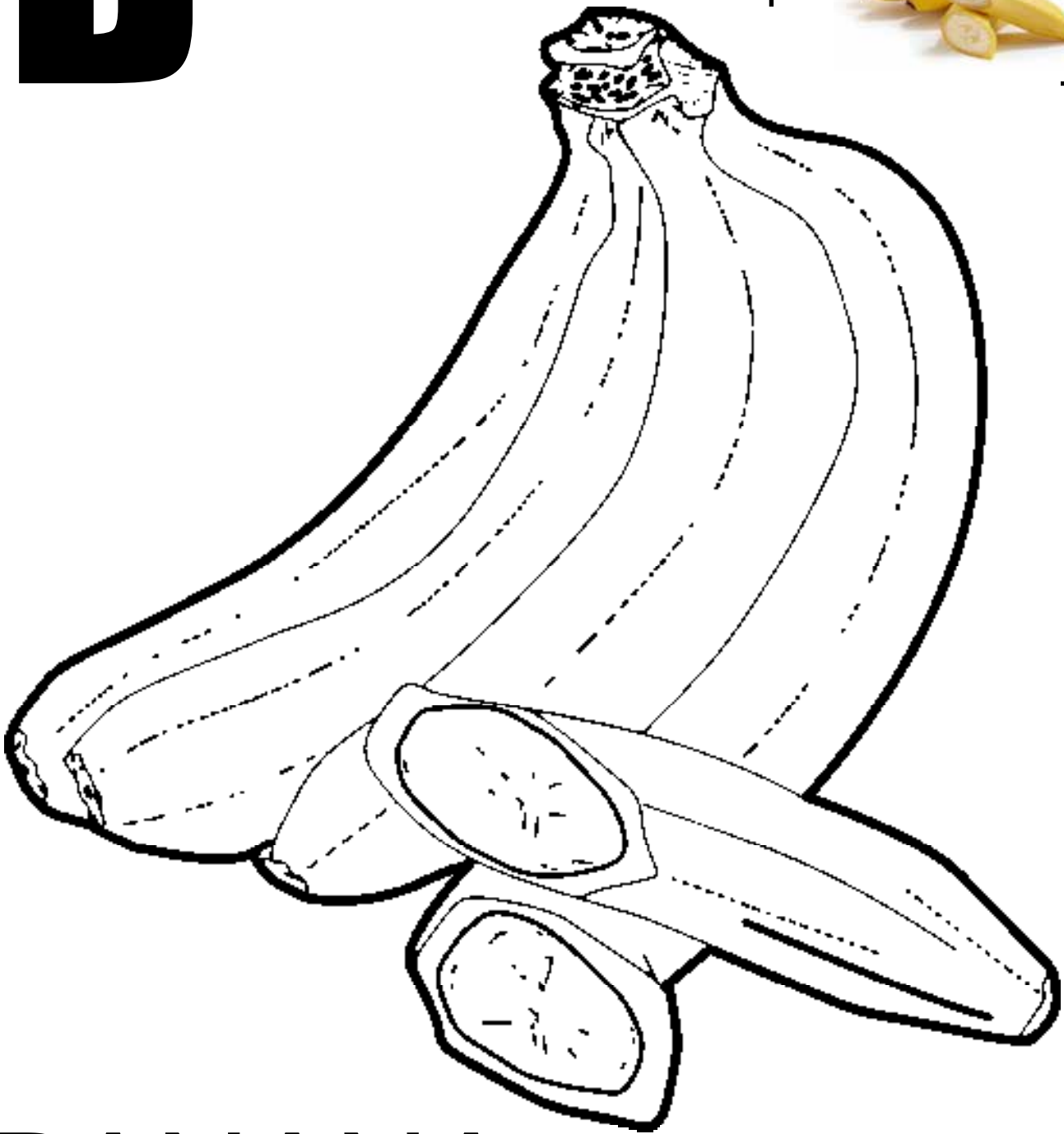
A



APPLE

All parts of an apple, including the skin, except for the seeds, are suitable for human consumption. The core, from stem to bottom, containing the seeds, is usually not eaten and is discarded.

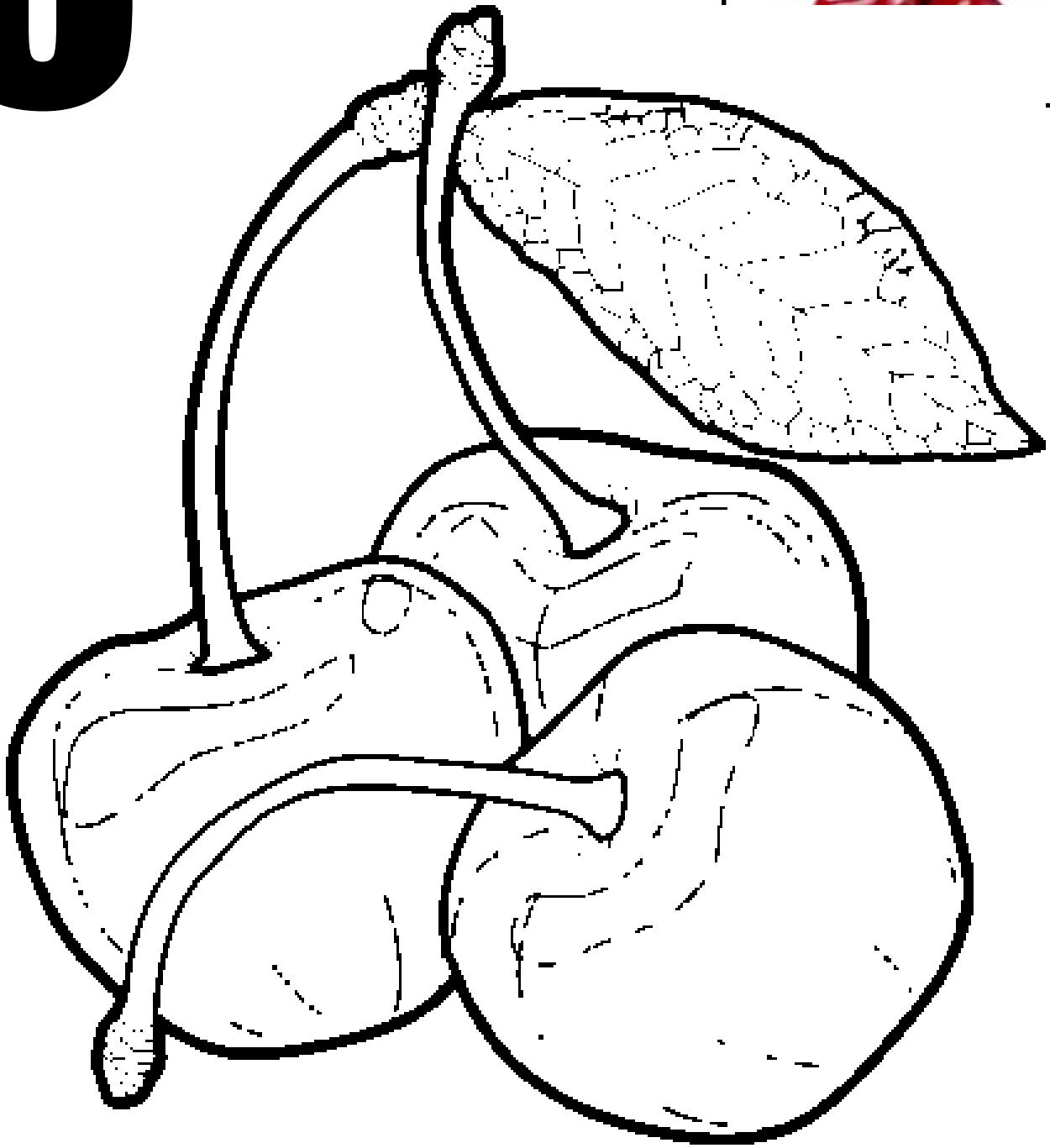
B



BANANA

A banana is an edible fruit – botanically a berry. The fruit is variable in size, color, and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a rind, which may be green, yellow, red, purple, or brown when ripe.

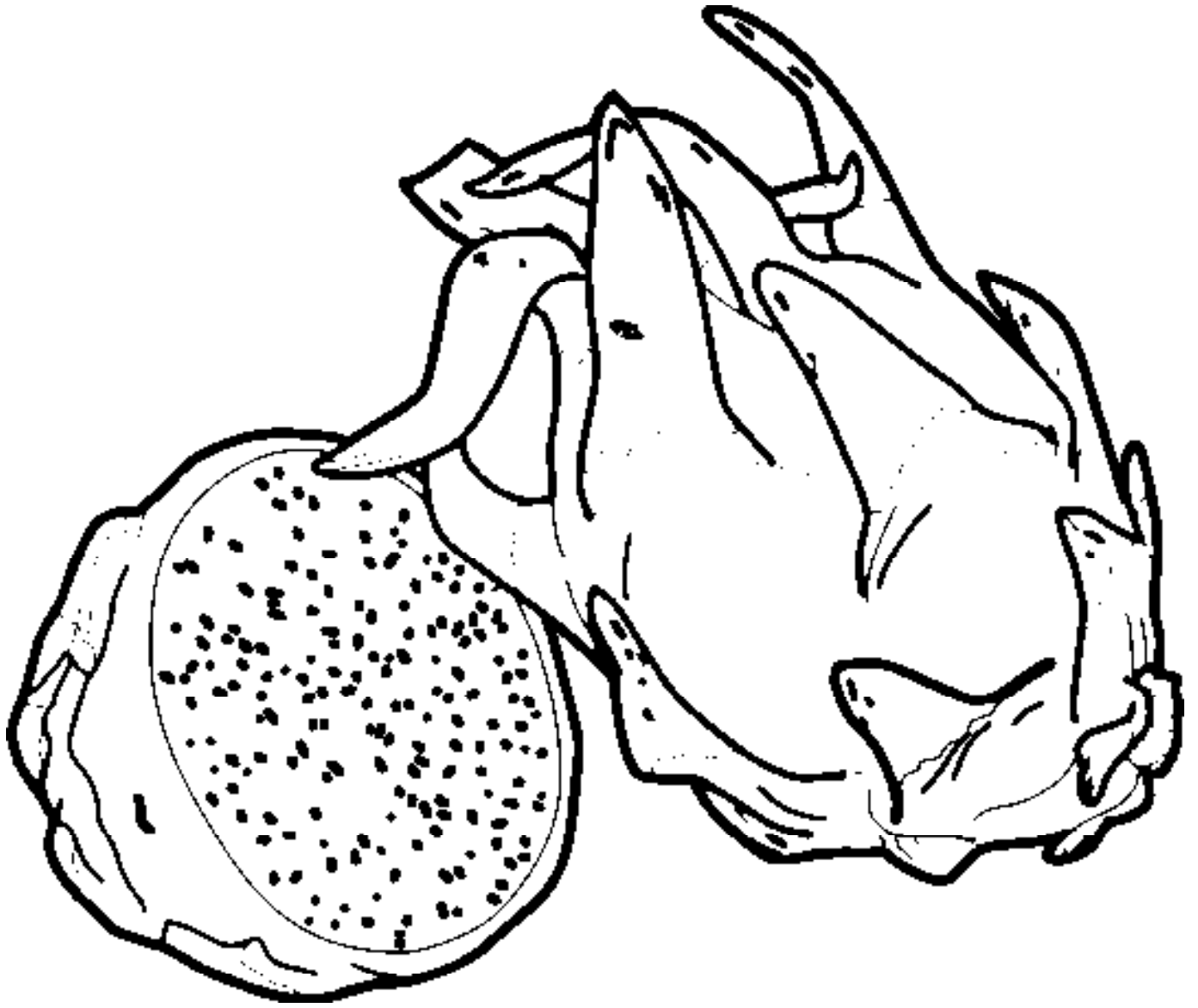
C



CHERRY

A cherry is the fruit of many plants of the genus *Prunus*, and is a fleshy drupe (stone fruit). Like most temperate-latitude trees, cherry trees require a certain number of chilling hours each year to break dormancy and bloom and produce fruit. No members of the genus *Prunus* can grow in tropical climates.

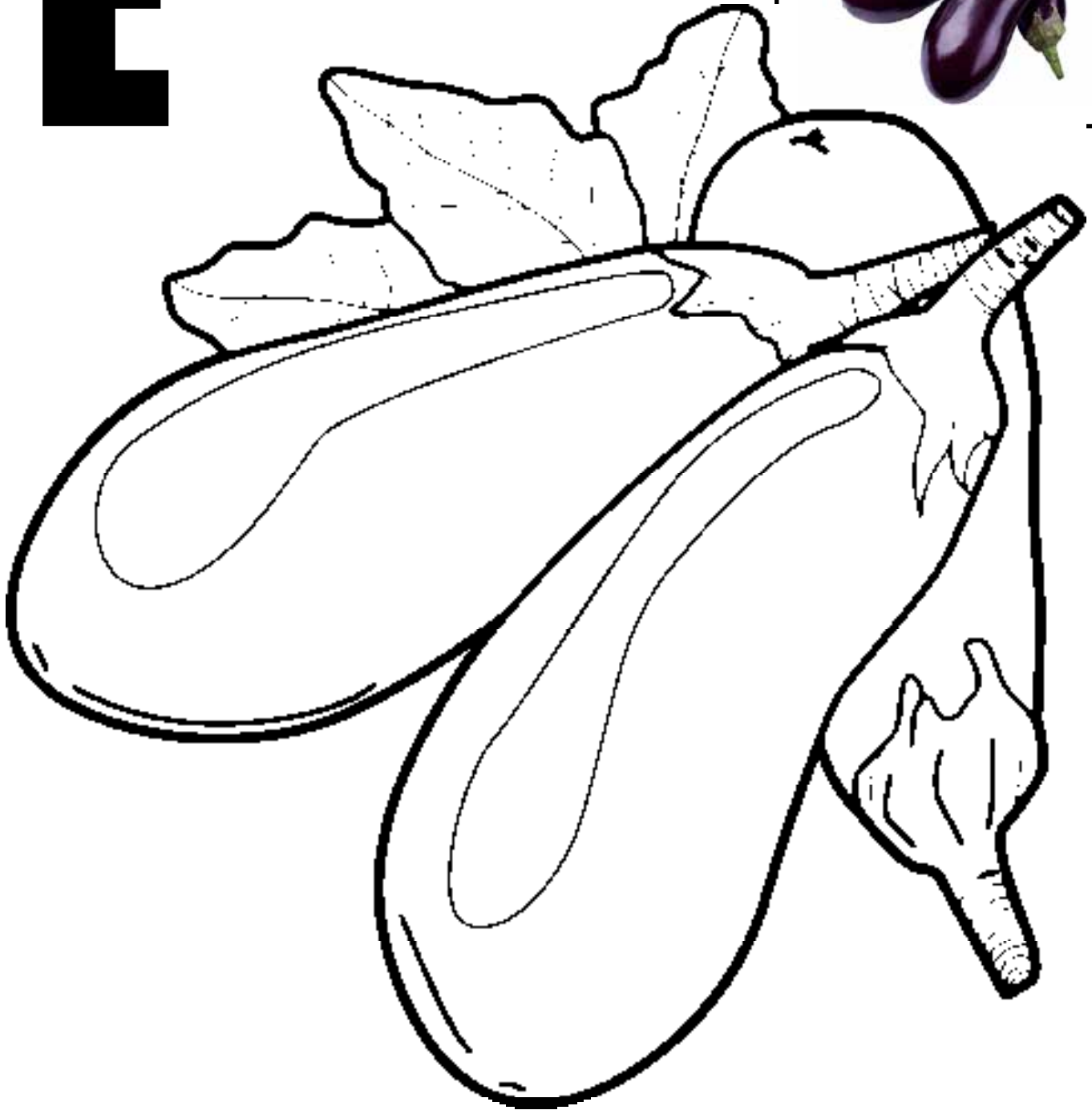
D



DRAGON FRUIT

A pitaya is the fruit of several different cactus species indigenous to the Americas. These fruits are commonly known in English as “dragon fruit”, a name used since around 1993, apparently resulting from the leather-like skin and prominent scaly spikes on the fruit exterior.

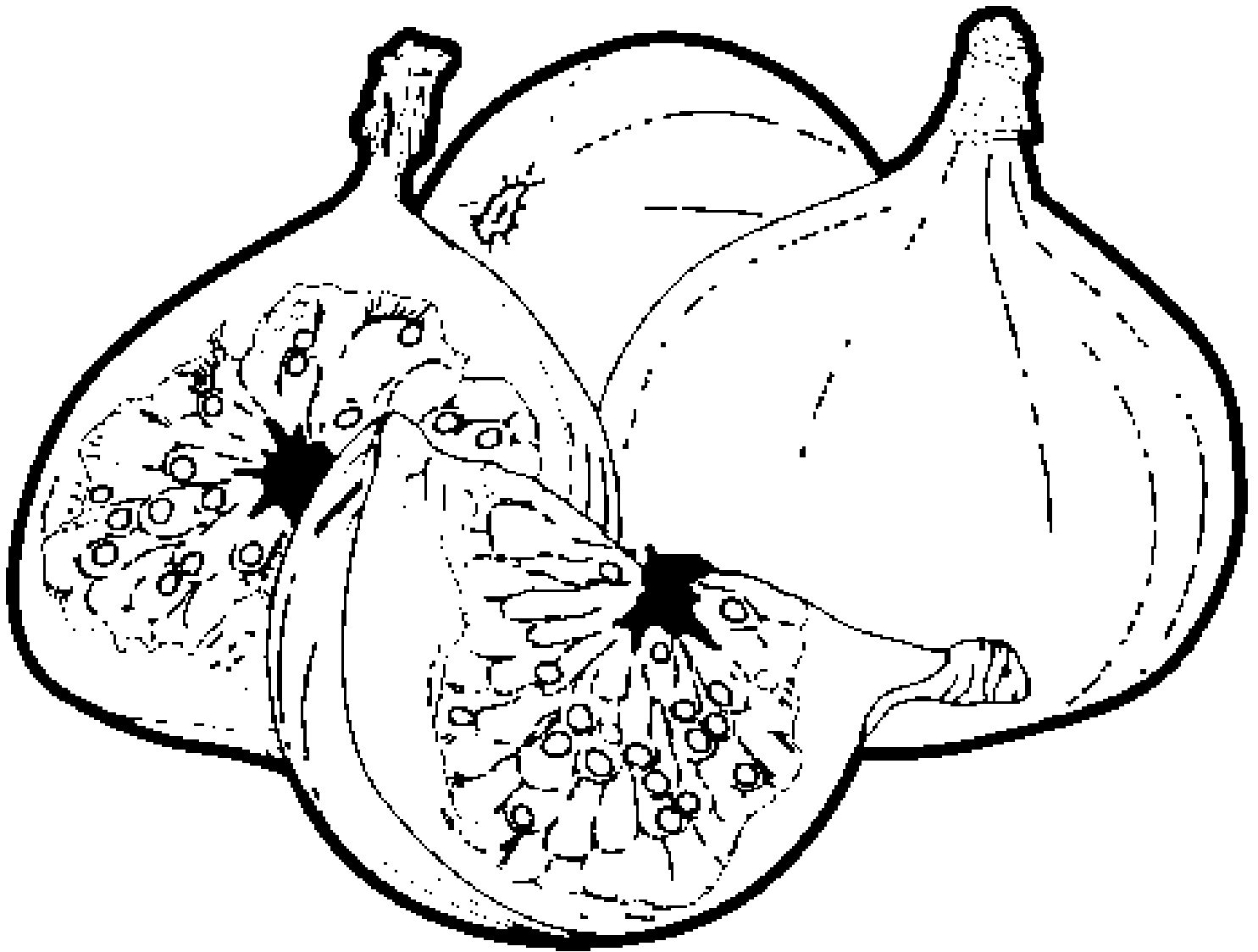
E



EGGPLANT

Eggplant (US), aubergine (UK), or brinjal (South Asia and South Africa) is a purple edible fruit. The spongy, absorbent fruit of the plant is widely used in cooking in many different cuisines, and is often considered a vegetable, even though it is a berry by botanical definition.

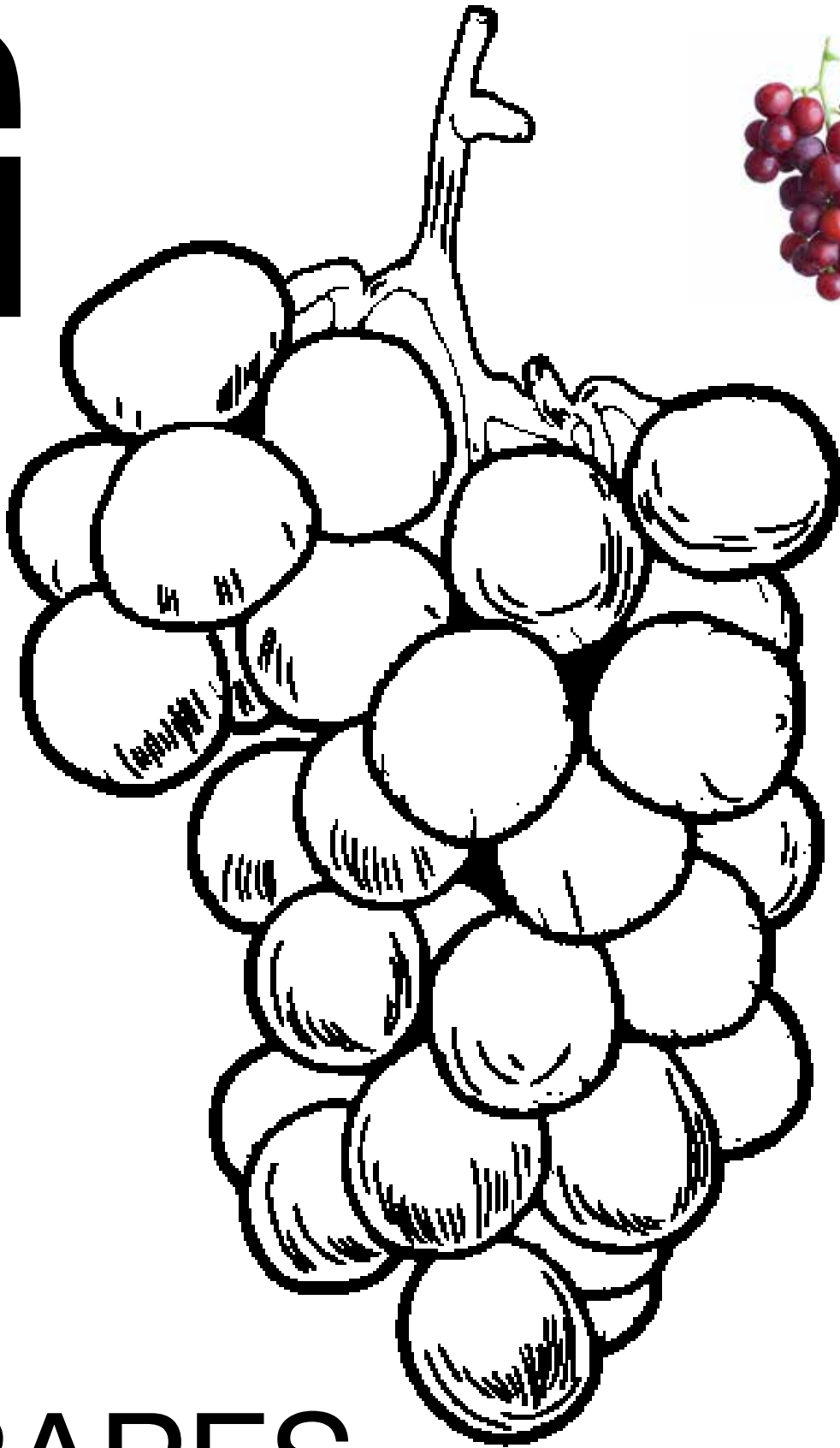
F



FIG

Ficus carica is an Asian species of flowering plant in the mulberry family, known as the Fig. Figs can be eaten fresh or dried, and used in jam-making. The widely produced fig roll is a biscuit (cookie) with a filling made from figs.

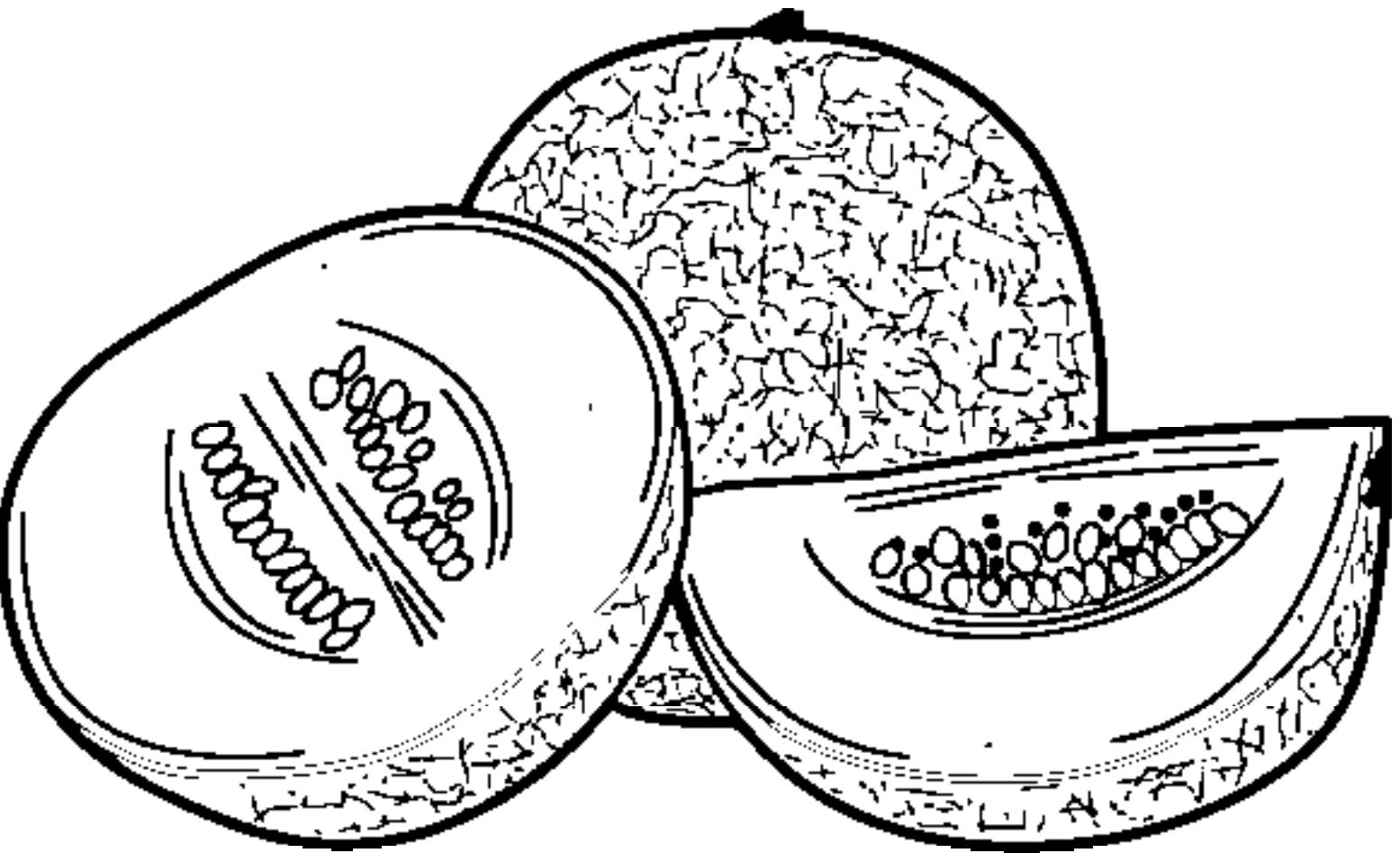
G



GRAPES

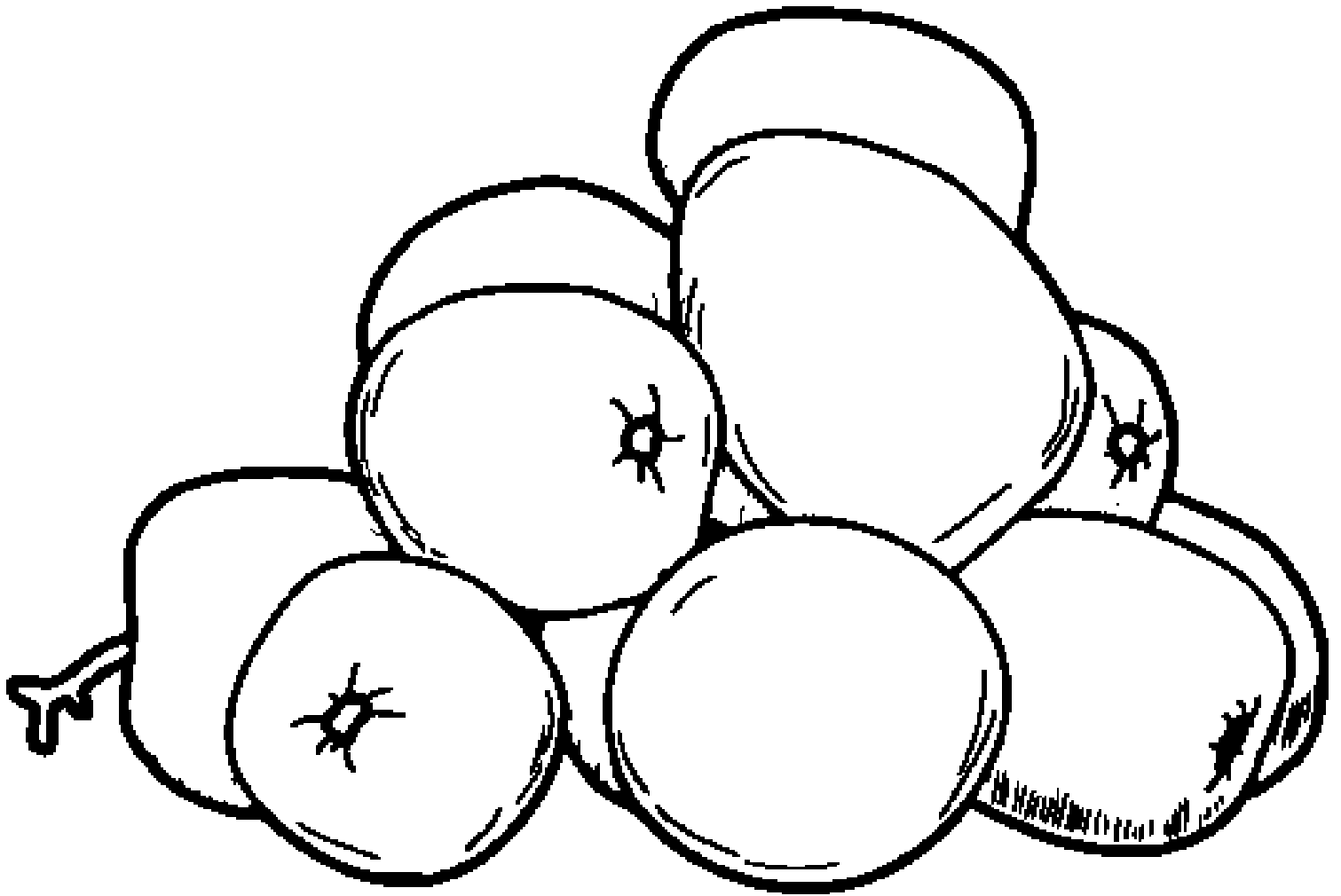
Grapes can be eaten fresh as table grapes or they can be used for making wine, jam, juice, jelly, grape seed extract, raisins, vinegar, and grape seed oil. Grapes are a type of fruit that grow in clusters of 15 to 300, and can be crimson, black, dark blue, yellow, green, orange, and pink.

H



HONEYDEW MELON

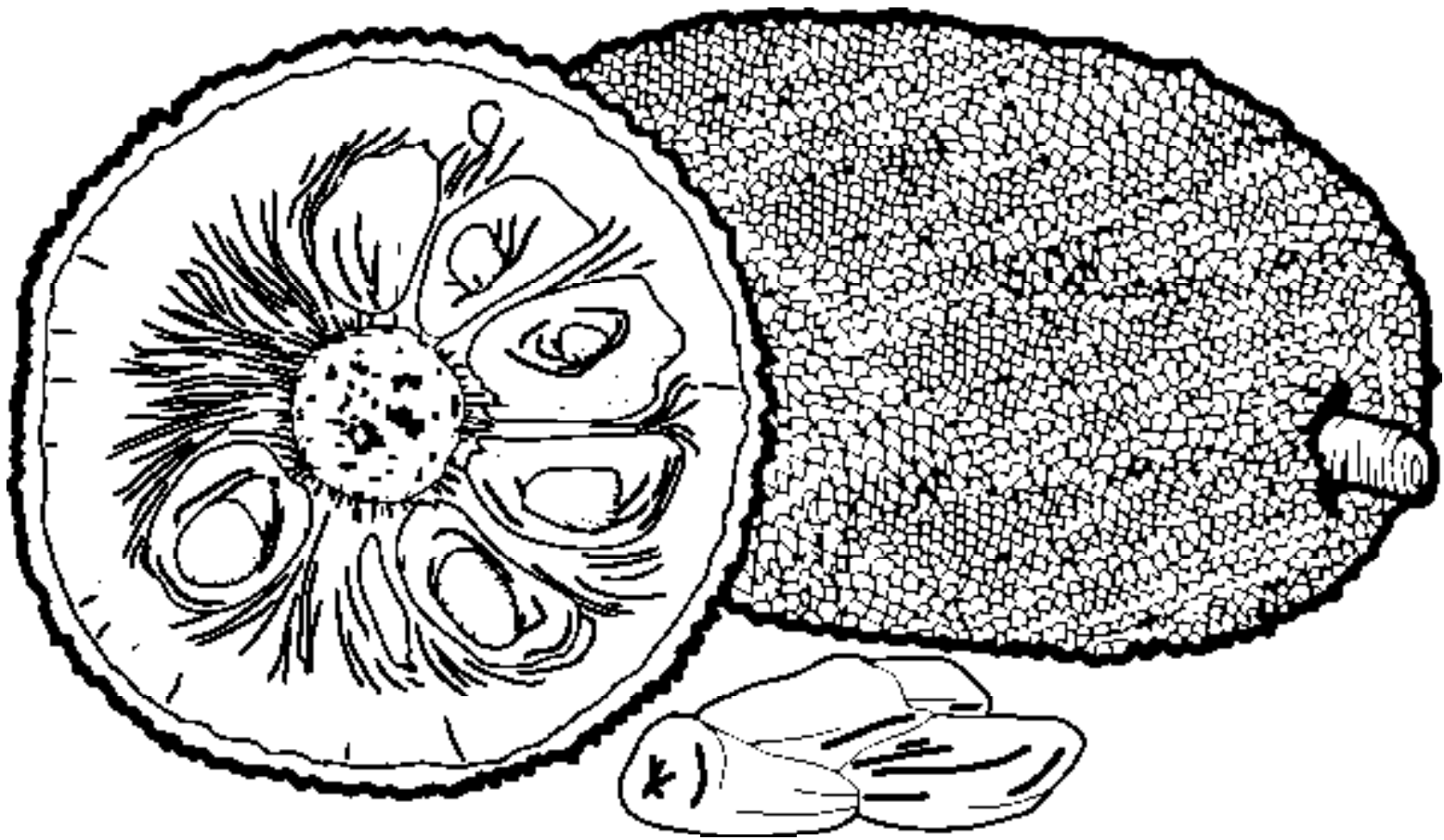
Like most fruit, honeydew has seeds. The inner flesh is eaten, often for dessert, and honeydew is commonly found in supermarkets across the world alongside cantaloupe melons and watermelons.



INDIAN PLUM

Indian Plum is a tall deciduous shrub that produces small edible berries. The nutritious berries are a native food that have a delicious cherry like flavor after they have fully ripened. They are occasionally slightly bitter but cooking or drying the fruits easily removes any undesirable bitterness.

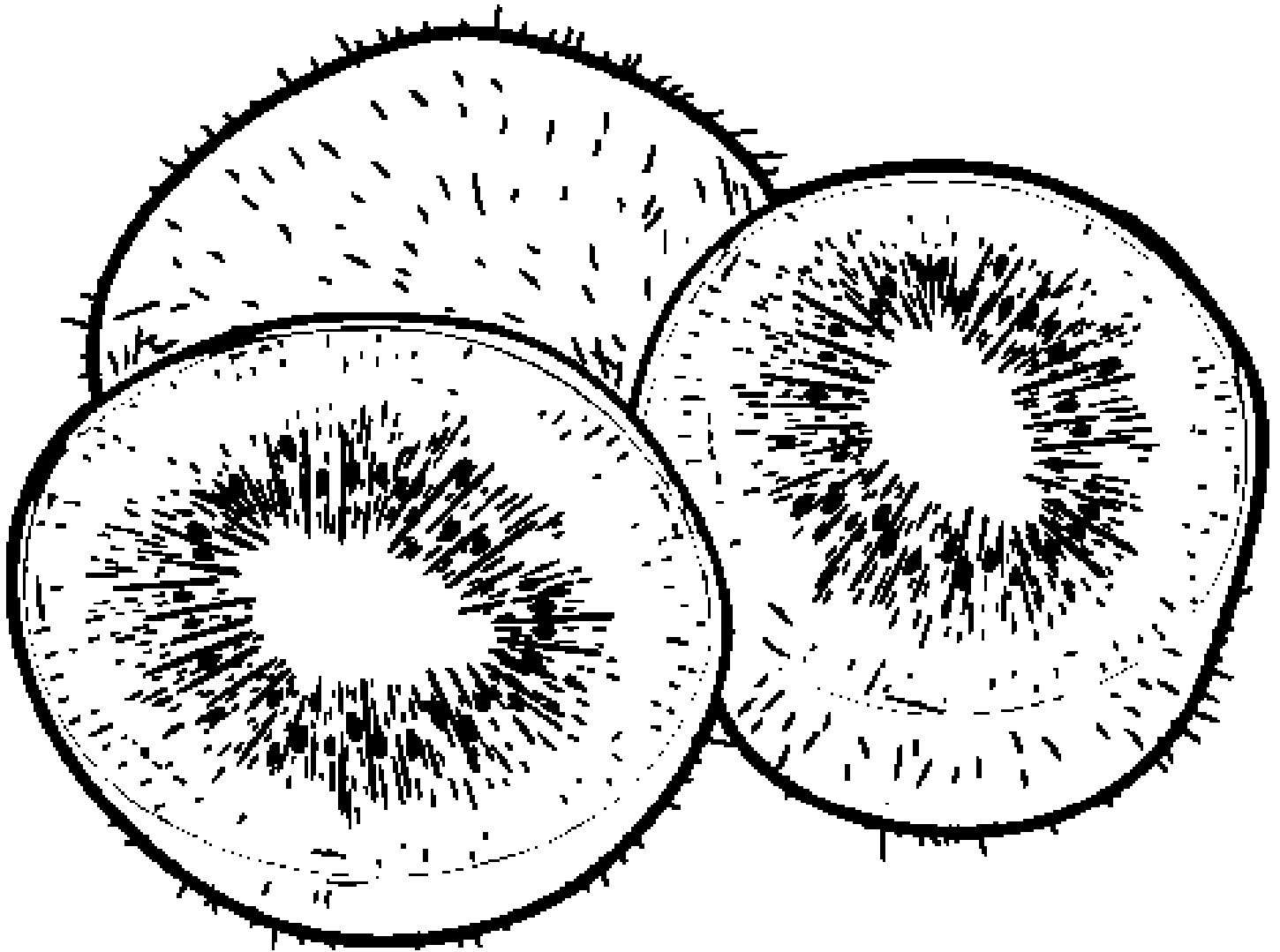
J



JACKFRUIT

Jackfruit has a distinctive sweet and fruity aroma. The flesh of the jackfruit is starchy and fibrous and is a source of dietary fiber. The flavor of the ripe fruit is comparable to a combination of apple, pineapple, mango, and banana.

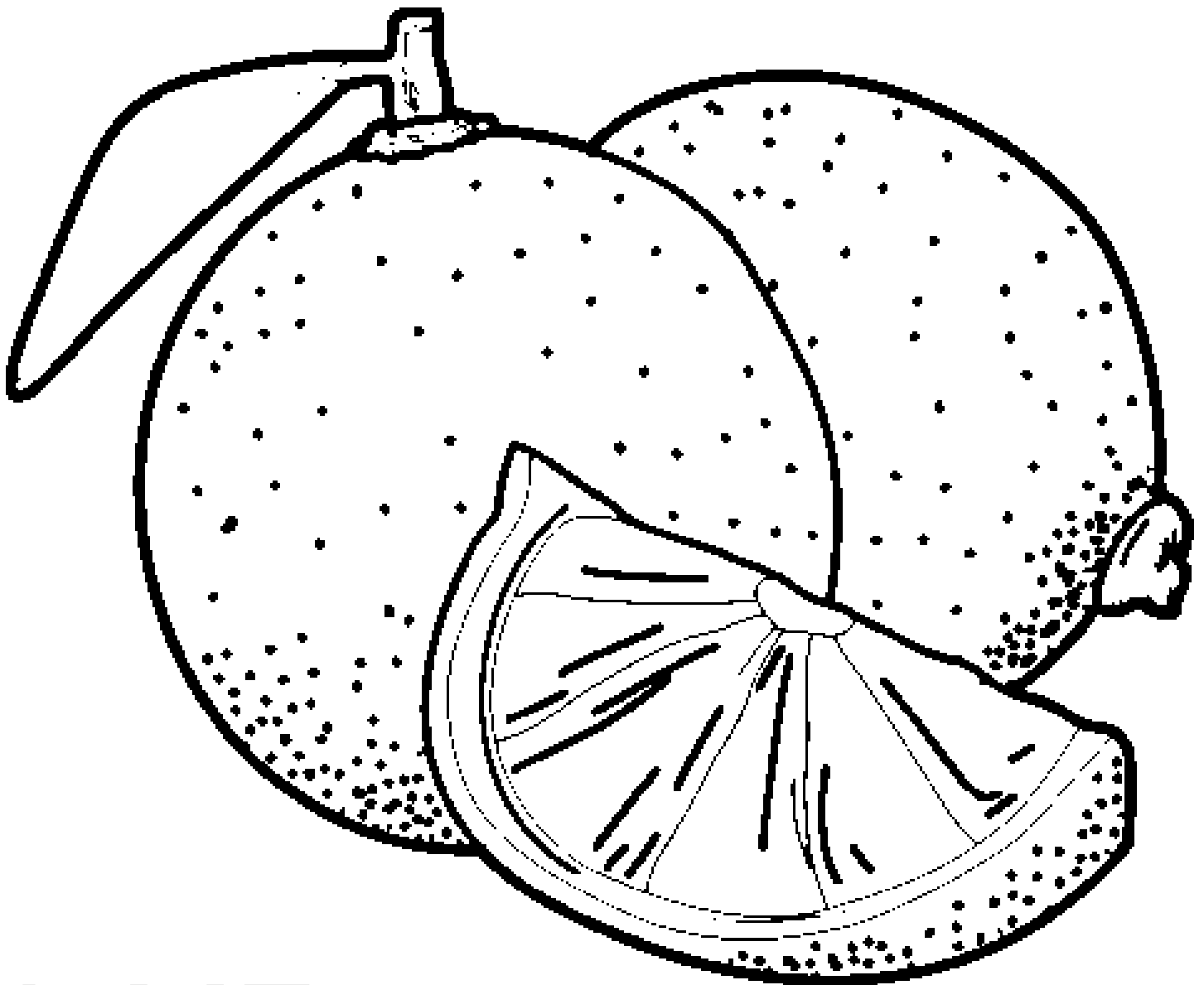
K



KIWI

Kiwifruit may be eaten raw, made into juices, used in baked goods, prepared with meat or used as a garnish. The whole fruit, including the skin, is suitable for human consumption; however, the skin is often discarded due to its texture.

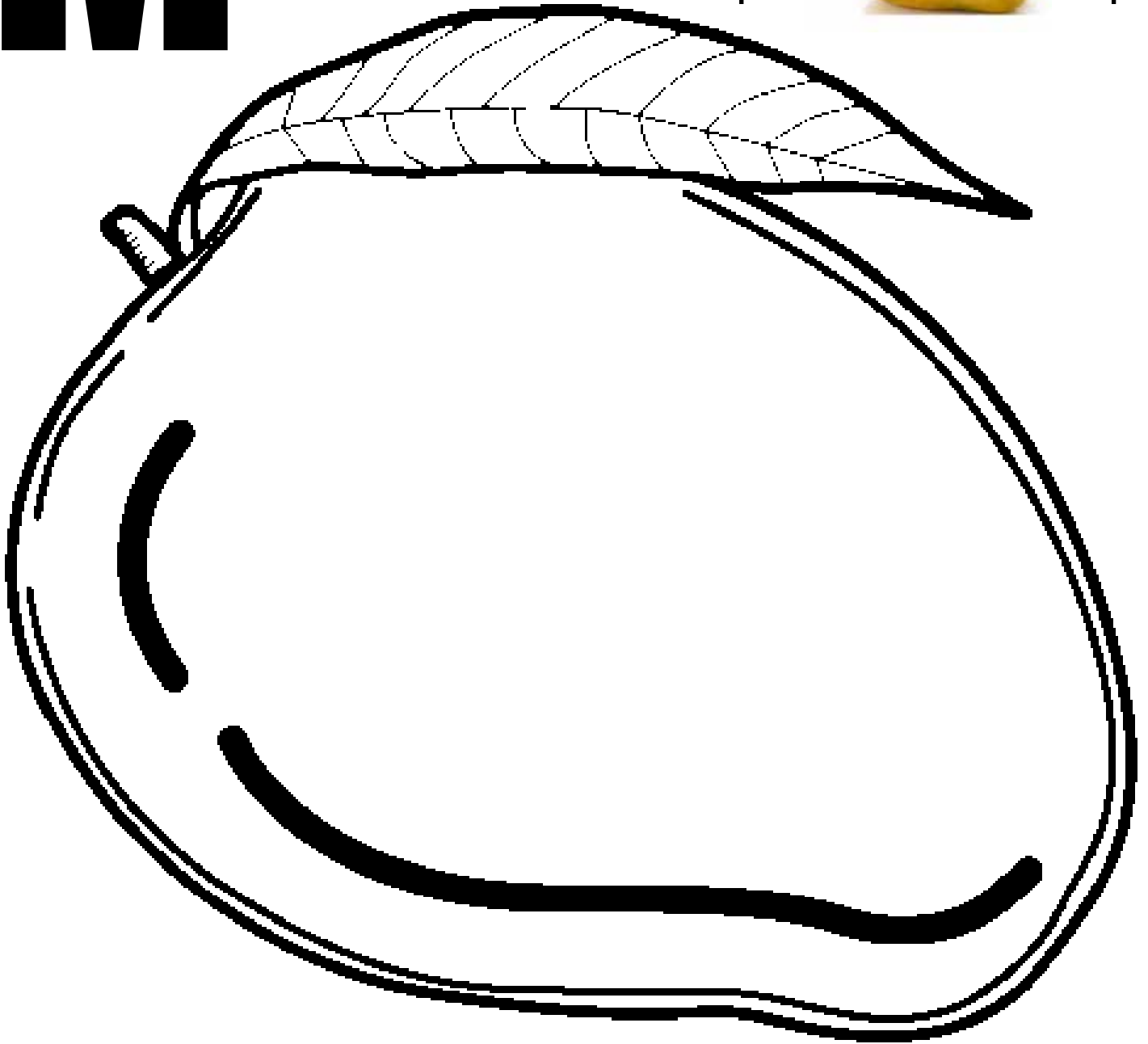
L



LIME

Limes have higher contents of sugars and acids than lemons do. Lime juice may be squeezed from fresh limes, or purchased in bottles in both unsweetened and sweetened varieties. Lime juice is used to make limeade, and as an ingredient (typically as sour mix) in many cocktails.

M



MANGO

Mangoes are generally sweet, although the taste and texture of the flesh varies across cultivars; some have a soft, pulpy texture similar to an overripe plum, while others are firmer, like a cantaloupe or avocado, and some may have a fibrous texture.

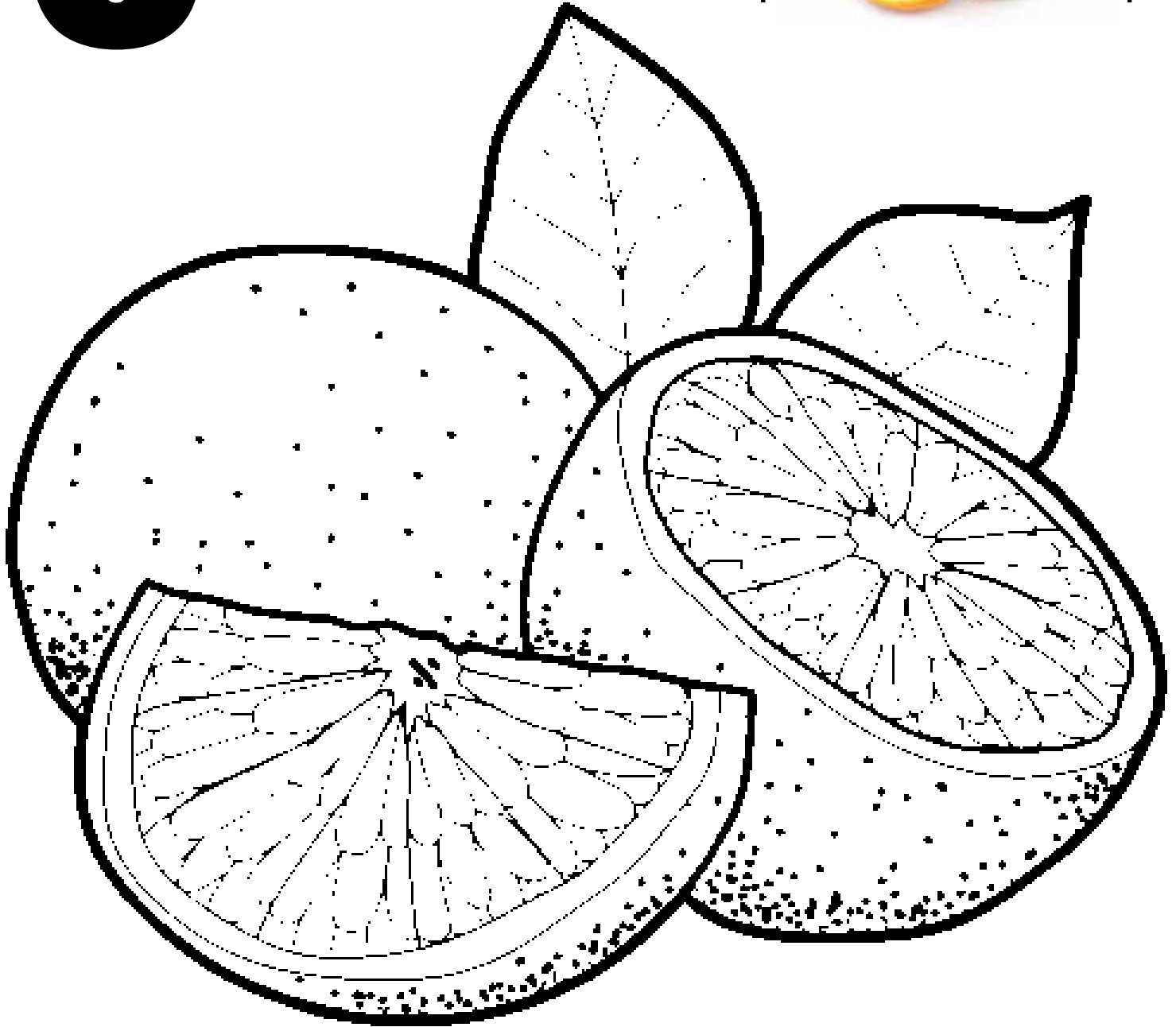
N



NECTARINE

Nectarines has a smooth skin. It is on occasion referred to as a “shaved peach” or “fuzzless peach”, due to its lack of fuzz or short hairs. Nectarines are the perfect summer fruit—they’re delicious on their own, but even better when baked into a pastry and topped with ice cream.

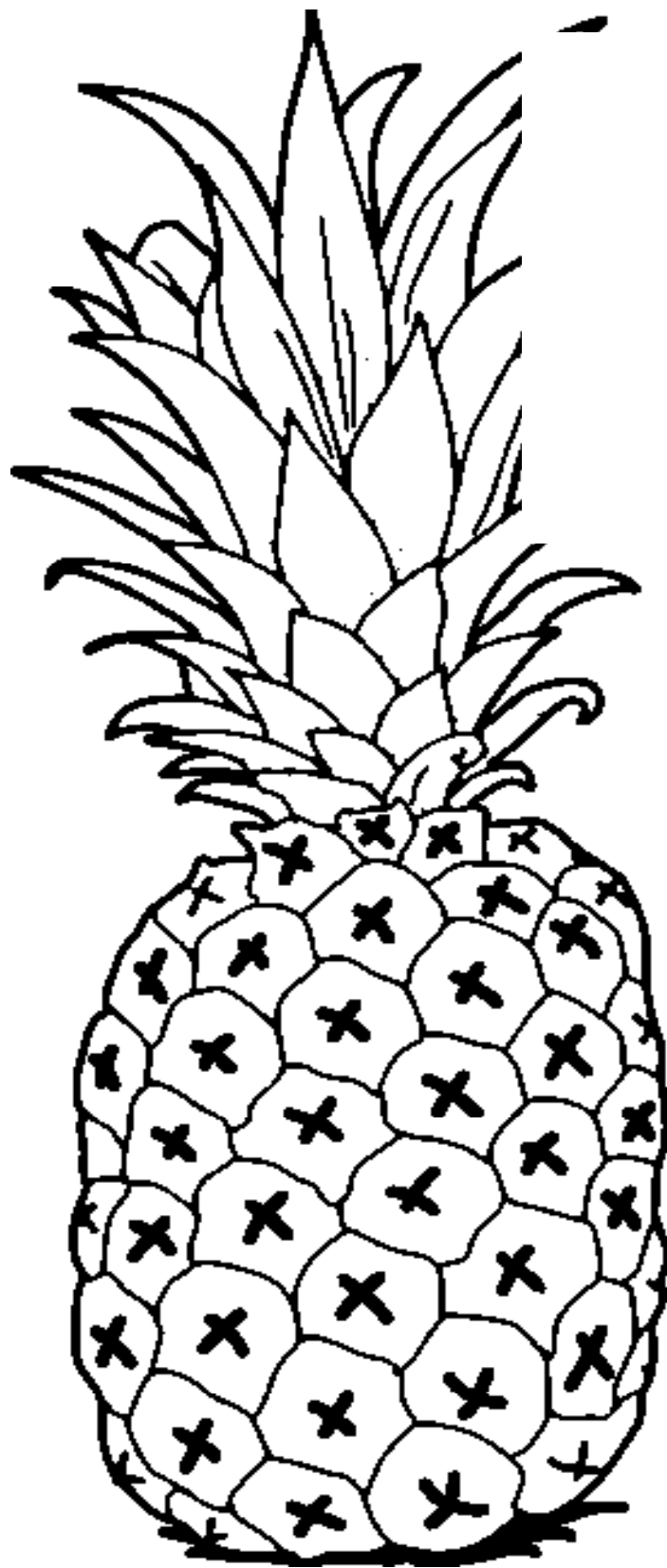
O



ORANGE

There are two main types of oranges: sweet oranges and bitter (Seville) oranges. The former can be thick- or thin- skinned, with or without seeds, and has sweet-tasting orange or red-flecked flesh. Bitter oranges have aromatic dimpled skin with very bitter pith and very sour, pale-orange flesh. They always contain seeds.

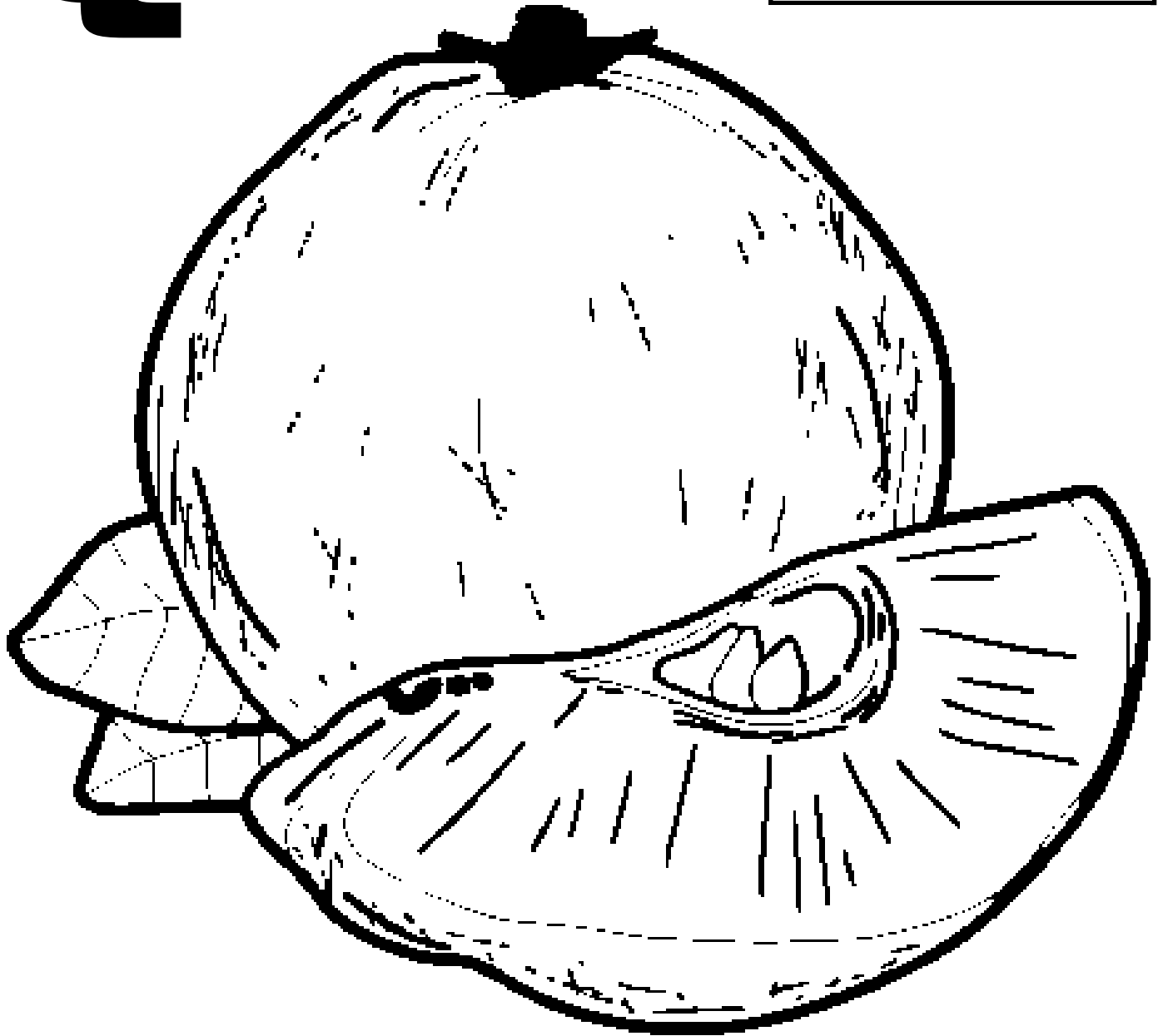
P



PINEAPPLE

The flesh and juice of the pineapple are used in cuisines around the world. Chunks of pineapple are used in desserts such as fruit salad, as well as in some savory dishes, including pizza toppings, or as a grilled ring on a hamburger.

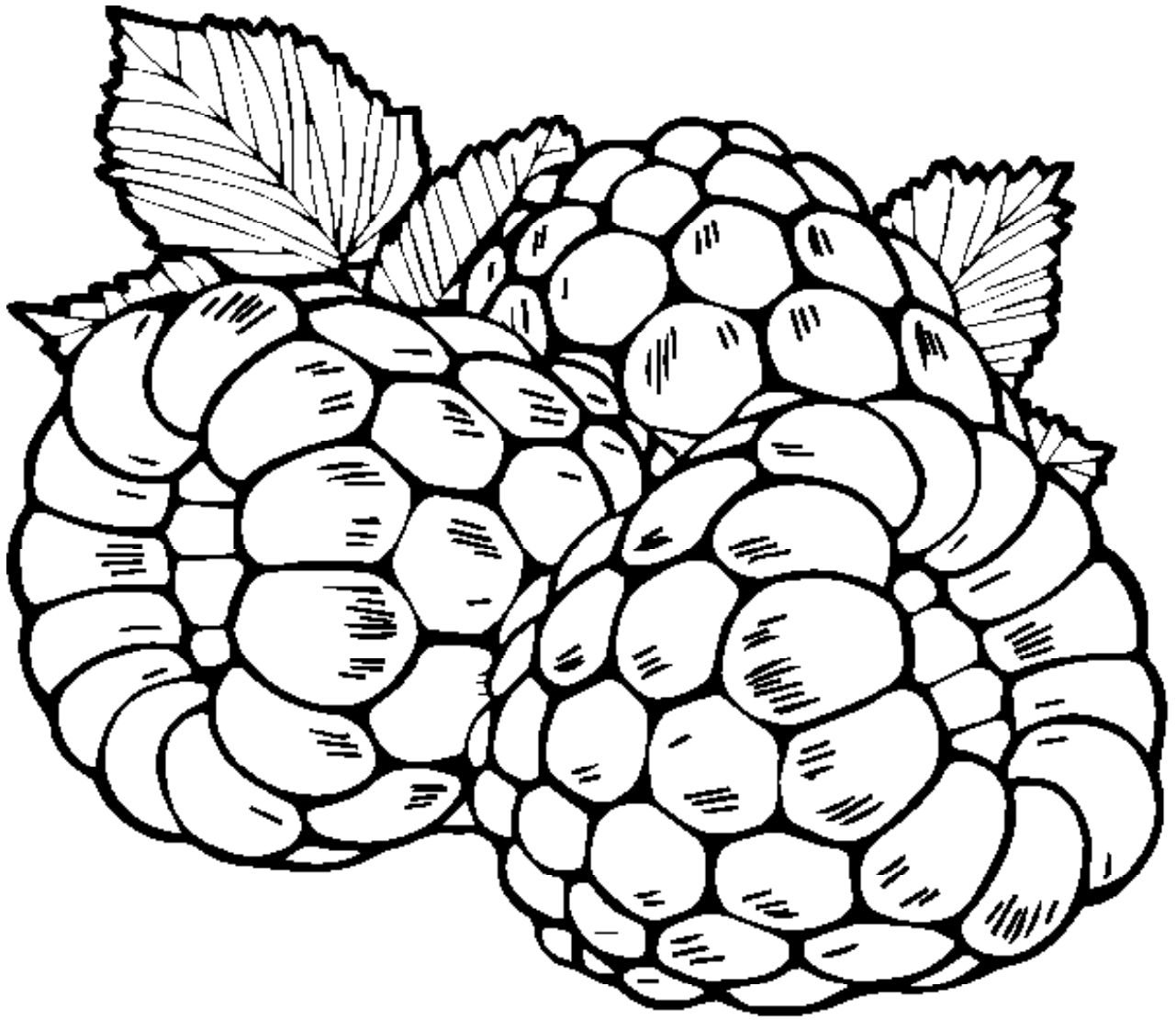
Q



QUINCE

Some varieties of quince, such as ‘Aromatnaya’ and ‘Kuganskaya’ do not require cooking and can be eaten raw. However, most varieties of quince are too hard, astringent and sour to eat raw unless “bletted” (softened by frost and subsequent decay).

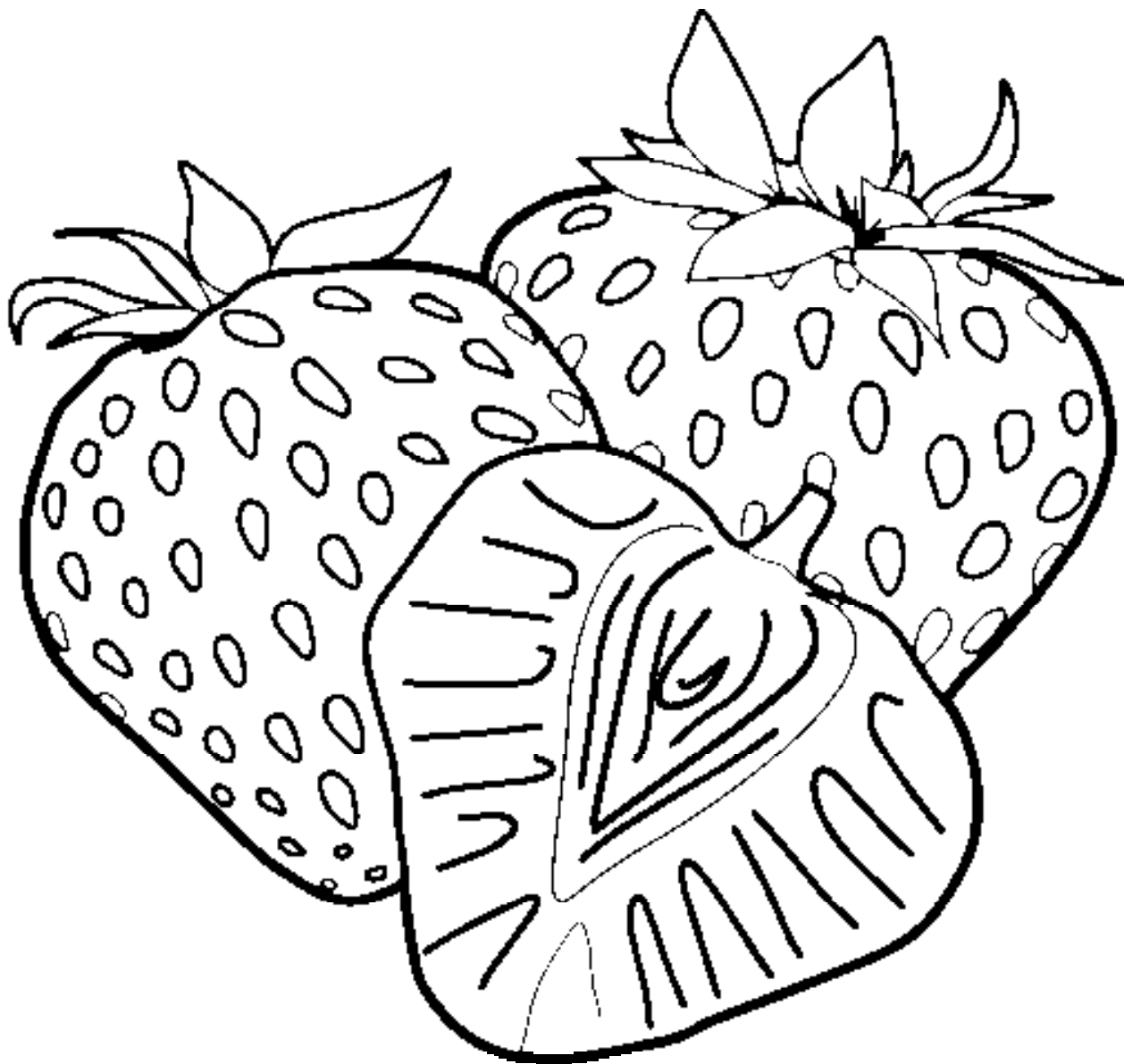
R



RASPBERRY

Raspberries are grown for the fresh fruit market and for commercial processing into individually quick frozen fruit, purée, juice, or as dried fruit used in a variety of grocery products such as raspberry pie. Raspberry leaves can be used fresh or dried in herbal teas, providing an astringent flavor.

S



STRAWBERRY

In addition to being consumed fresh, strawberries can be frozen, made into preserves, as well as dried and used in prepared foods, such as cereal bars. Strawberries and strawberry flavorings are a popular addition to dairy products, such as strawberry-flavored milk, strawberry ice cream, strawberry milkshakes, strawberry smoothies and strawberry yogurts.

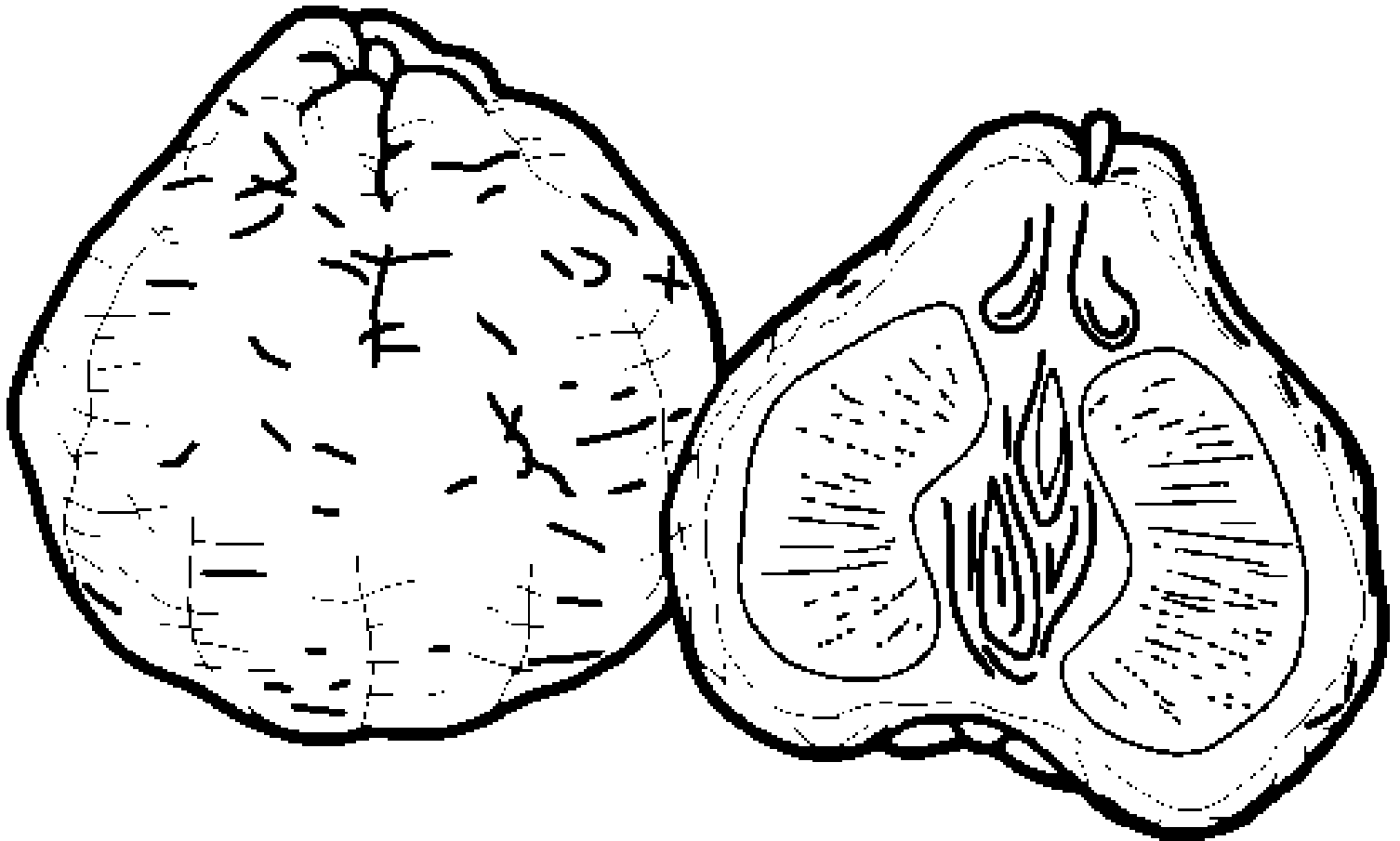
T



TOMATO

The tomato is consumed in diverse ways, raw or cooked, in many dishes, sauces, salads, and drinks. While tomatoes are fruits — botanically classified as berries — they are commonly used as a vegetable ingredient or side dish.

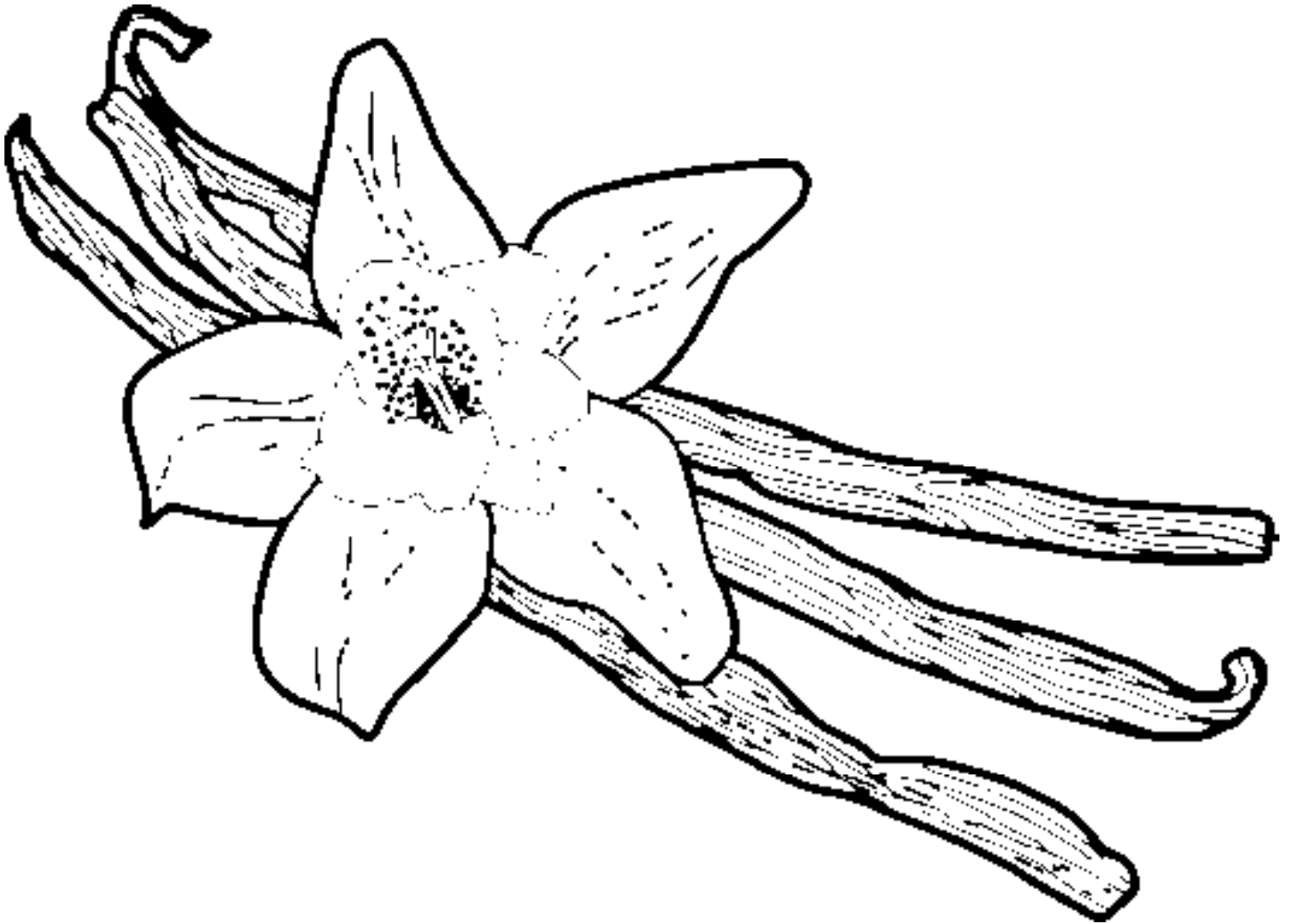
U



UGLI FRUIT

The name being a variation of the word “ugly”, which refers to the fruit’s unsightly appearance, with rough, wrinkled, greenish-yellow rind, wrapped loosely around the orange pulpy citrus inside. The taste is often described as more sour than an orange and less bitter than a grapefruit.

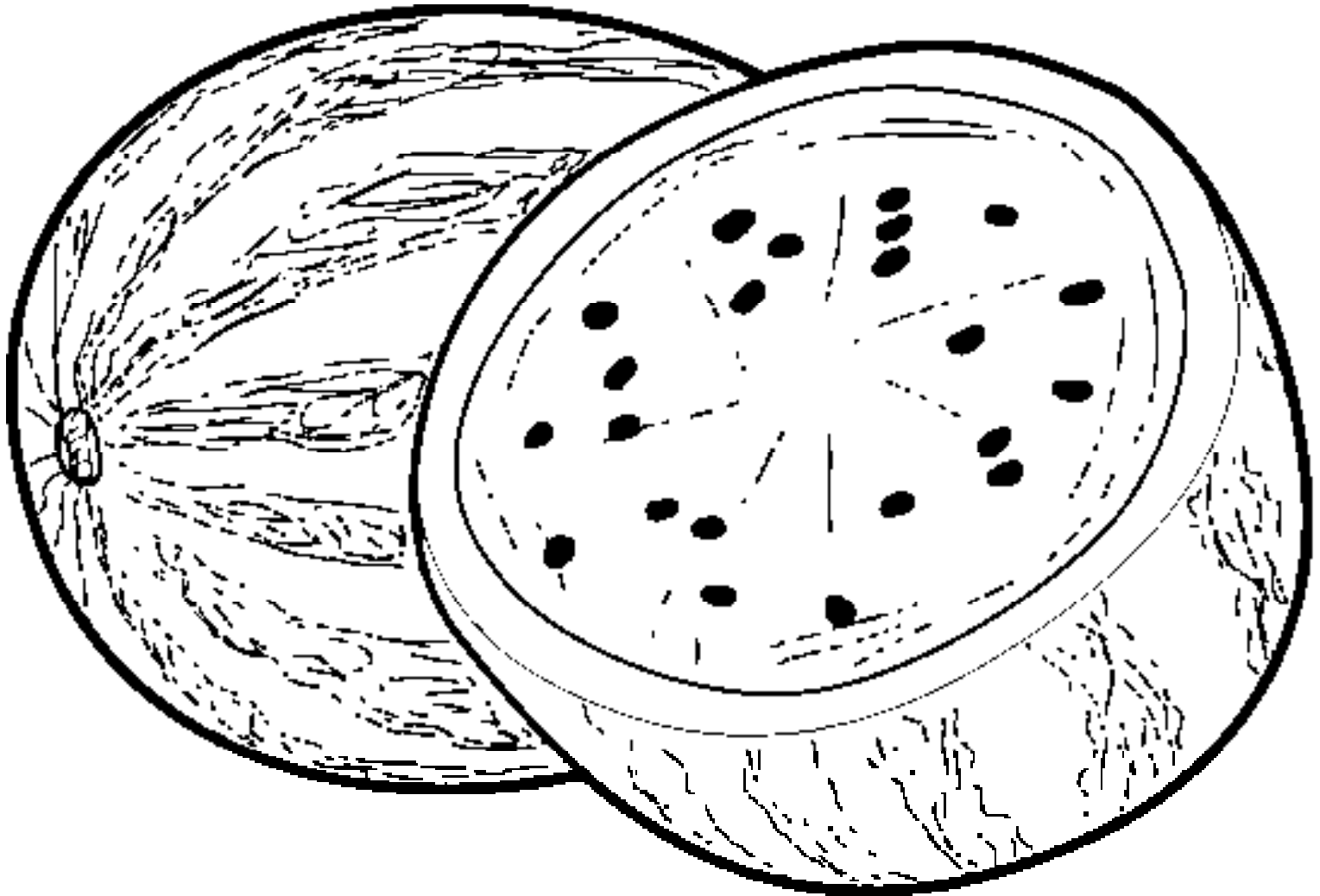
V



VANILLA BEAN

Vanilla is the second-most expensive spice after saffron because growing the vanilla seed pods is labor-intensive. Despite the expense, vanilla is highly valued for its flavor. As a result, vanilla is widely used in both commercial and domestic baking, perfume manufacture, and aromatherapy.

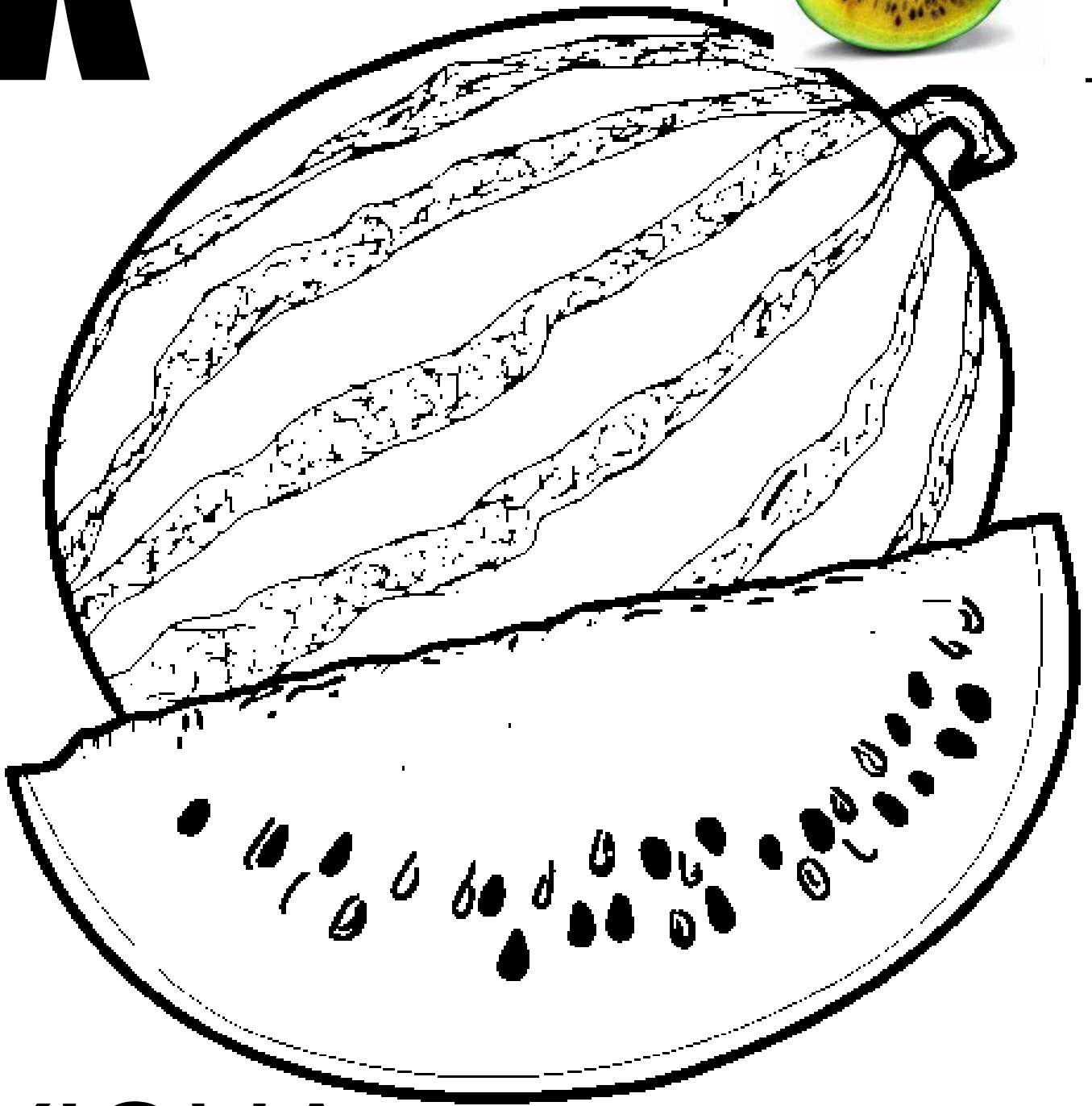
W



WATERMELON

Watermelons are a sweet, popular fruit of summer, usually consumed fresh in slices, diced in mixed fruit salads, or as juice. The seeds have a nutty flavor and can be dried and roasted, or ground into flour.

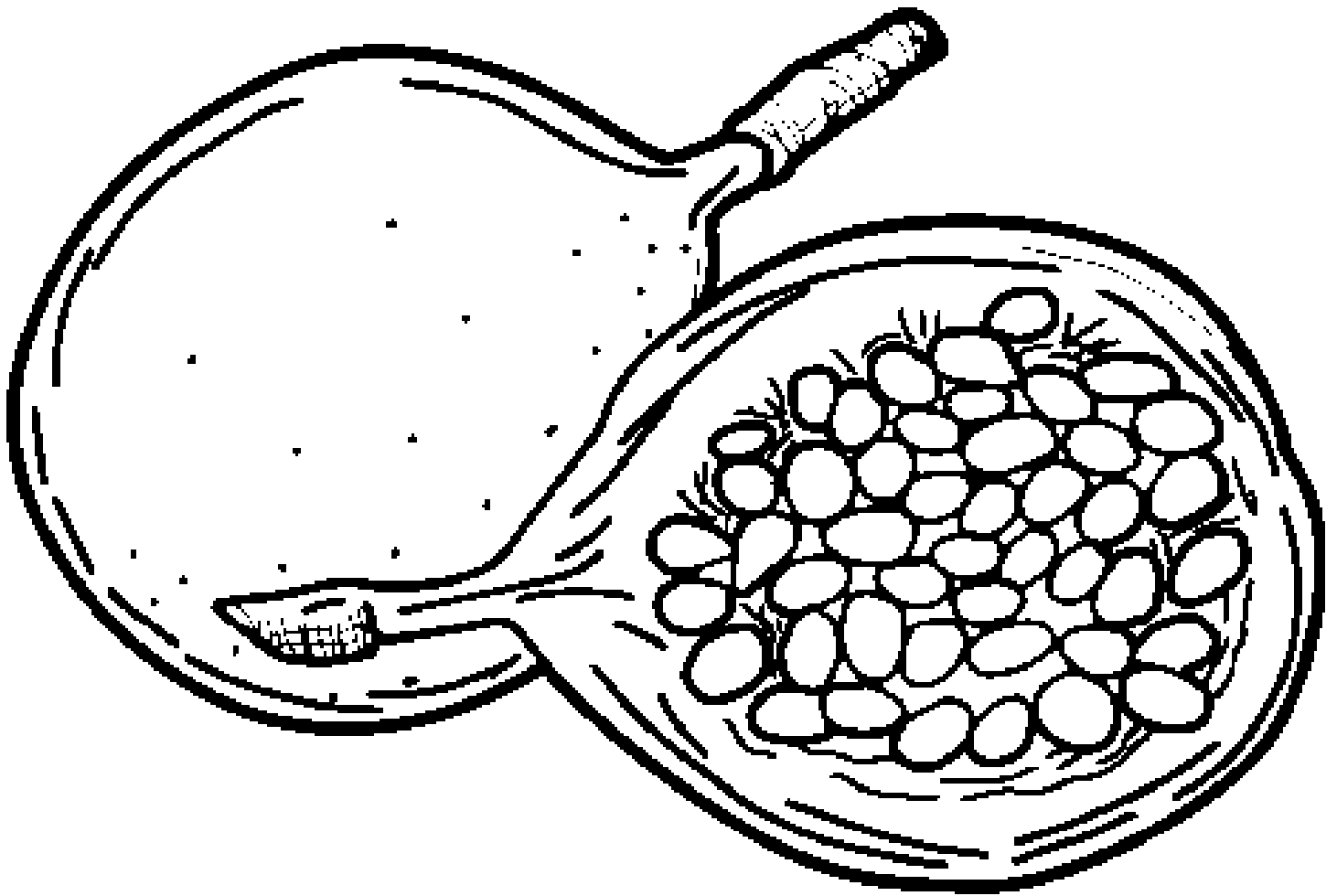
X



XIGUA

Xigua (pronounced “she gwah”) is a common melon found in Africa. It has a hard rind that can be yellowish to green and has a soft fleshy inside that is pink and edible and is known in other countries as the watermelon.

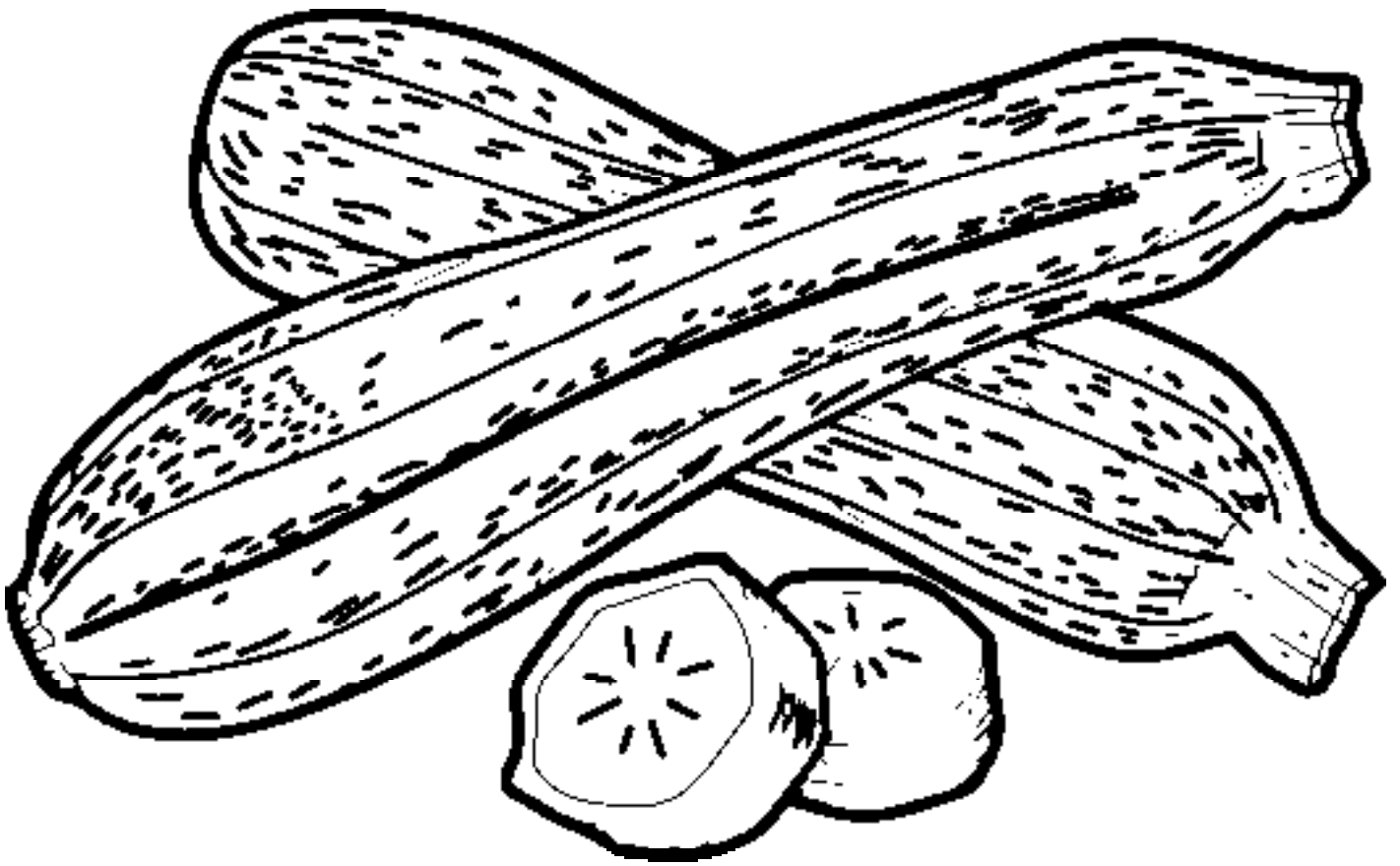
Y



YELLOW PASSION FRUIT

The fruit is orange to yellow colored with small light markings. It has a round shape with a tip ending in the stem. The seeds, which are hard and black, are surrounded by a gelatinous sphere of transparent pulp. The pulp is the edible part of the fruit and has a soft sweet taste.

Z



ZUCCHINI

The zucchini (US) or courgette (UK) is a summer squash. Unlike cucumber, zucchini is usually served cooked.

Draw Your
Favourite Fruit Here





About this book

Fruit Alphabet Colouring Book

As a kid I love colouring and I always wanted to create something that kids will like so I created this FREE printable colouring book for children that parents can print out and colour. This book can be downloaded for free at www.gracedesignhub.com

REFERENCES

*All fruit descriptions are from wikipedia
All fruit images are from google.com*

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