

# Speaking Topic

## Fruits and Vegetables

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1. What's your favorite 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?
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1. My top three favorite fruits and vegetables are broccoli, celery, and grapes because all of them are both **nutritious** and delicious. Also, I want to give mushrooms an honorable mention, as they are one of my favorite things to cook with, although they are a fungus.
2. I eat fruit at home on a daily basis. I always buy a lot of different types of fruit in the shopping mall for my whole family on the weekends.
3. Oh yes, there are loquat trees everywhere in my hometown. Loquat is very sweet and has lots of nutrition and is actually **medicinal** too.
4. Yes, we should. We really need to eat vegetables every day because you simply cannot find another food group that is as perfectly matched to our **everyday** human needs. There are various **proteins**, **fibers**, and **vitamins** that cannot be found in other foods such as meat.