



# Parts of the Plant: Vegetables

## Supplemental worksheet for 'What Are We Eating' and 'What We Eat'

Name: \_\_\_\_\_

**Background:** “Eat your vegetables!” Words commonly said at the dinner table. While you enjoy delicious vegetables, have you ever taken the time to think about where on the plant your vegetables come from? Vegetables are classified into different categories. Vegetables can be leaves, flowers, stems, or roots. Vegetables are very healthy and should be consumed most often!

Fruit is good for you to and should be apart of your balanced diet as well! A fruit is classified as a the portion of the plant that is a seed or contains a seed. This means that if it has a seed, it is scientifically a fruit, even though we sometimes classify fruit as vegetables. For example, tomatoes, cucumbers, peppers, squash and pumpkins all have seeds and are scientifically fruits.

**Word Game: Directions:** Unscramble the vegetable category and match it to the correct vegetable.

E V A E L S \_ \_ \_ \_ \_

Broccoli

T S E M \_ \_ \_ \_

Asparagus

S O O R T \_ \_ \_ \_ \_

Spinach

O F W E L R \_ \_ \_ \_ \_

Beets



### Circle True or False:

- |  |      |       |
|--|------|-------|
| A vegetable contains seeds.                          | True | False |
| Vegetables can be leaves, flowers, stems or roots.   | True | False |
| Fruits and vegetables are a part of a balanced diet. | True | False |
| Spinach and cabbage are considered roots.            | True | False |

### Edible Art:

First, spread peanut butter or cream cheese on a cracker or tortilla. Next, select vegetables from each vegetable category. Wash/ cut vegetables accordingly. Assemble into a flower on cracker or tortilla, eat and enjoy!

Flowers: Broccoli, Cauliflower, Artichoke

Stems: Asparagus, Potatoes, Turnips, Ginger

Leaves: Lettuce, Cabbage, Spinach, Basil

Roots: Carrots, Beets, Parsnips, Sweet Potatoes, Radish