

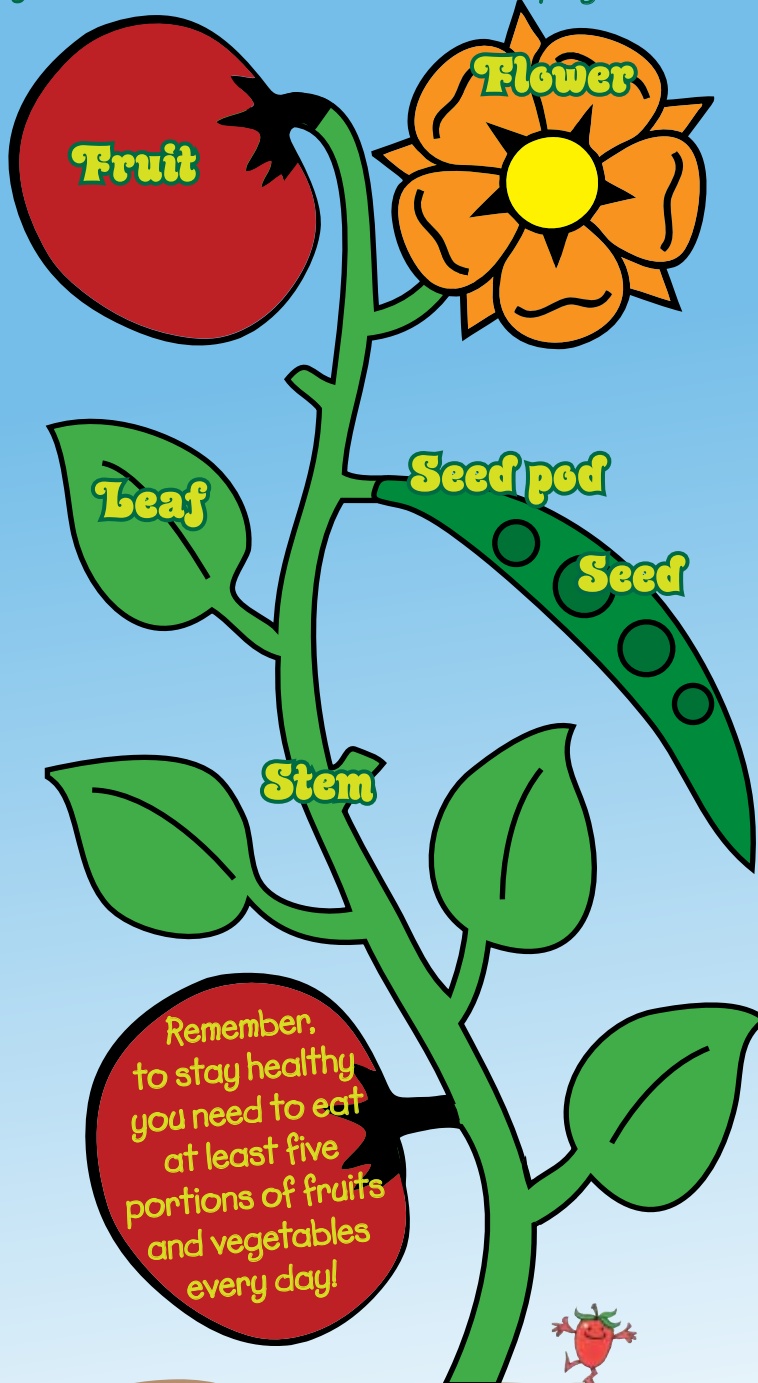
Which parts of the plant do we eat?

Did you know that when you eat vegetables and fruits you are actually eating parts of a plant? Match the fruit or vegetable to the part of the plant it comes from then check your answers at the bottom of the page.

Can you name any other fruits and vegetables that belong to each of the plant parts listed here?



Green beans



Lettuce



Apple



Potato



Carrot



Celery



Sweetcorn



Broccoli



Remember, to stay healthy you need to eat at least five portions of fruits and vegetables every day!

Tuber

Root

Sweetcorn: seed. Potato: tuber. Carrot: root. Green beans: seed pod. Celery: stem. Apple: fruit. Broccoli: flower. Lettuce: leaf.

Take a look at www.greatgrubclub.com for more fun activities!