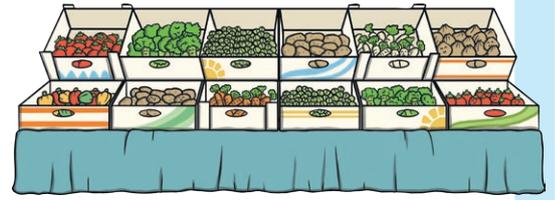


All about Vegetables

A vegetable is the part of a plant which can be eaten but does not have any seeds. Vegetables grow in lots of different shapes, sizes and colours.



Leafy Greens

Some types of vegetables grow above the ground. We can eat the leaves of different plants, such as lettuce, kale and spinach. These are called leafy greens.

Broccoli and cauliflower plants have leaves, but it is the flowers of these plants that we eat.

Root Vegetables

Vegetables like carrots, parsnips, radishes, onions and turnips grow under the ground. These are called root vegetables. The part we see growing above the ground are the leaves of these vegetable plants.

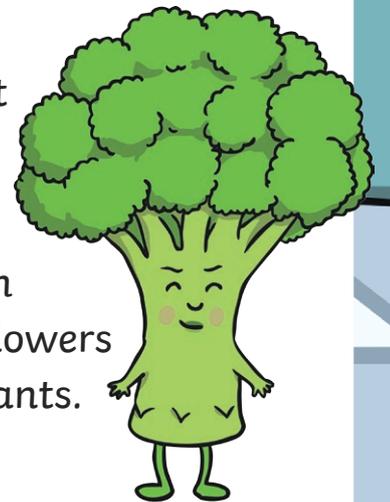
Potatoes are not root vegetables but are actually tubers that grow under the ground.



How Do Vegetables Grow?

Most vegetables need warm weather to grow but others can grow in cooler weather, such as carrots, spinach and turnips.

Vegetable plants will grow flowers if you let them grow for long enough. Seeds form from these flowers and can then be planted to grow new vegetable plants.

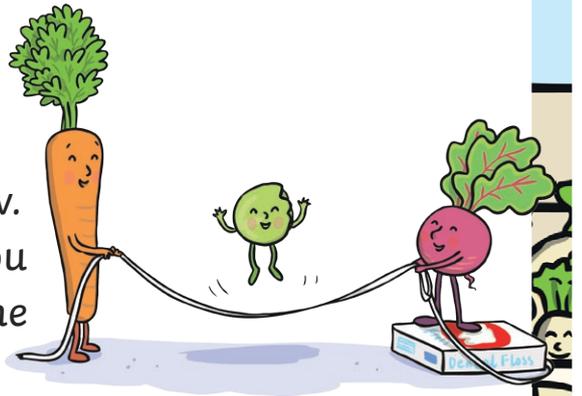


Vegetables or Fruit?

Although many people think they are vegetables, tomatoes, pumpkins, squashes, green beans and cucumbers are actually fruits. This is because they have seeds inside them.

Why Are Vegetables Good for You?

It is important to eat lots of vegetables as part of a healthy diet. Vegetables give you lots of energy. Vegetables have lots of vitamins, minerals and nutrients inside them which help you to grow. Eating vegetables can help to keep you well by keeping your immune system (the part of the body that fights illness and infections) healthy.



Did You Know?

Potatoes were the first food to be grown in space!



Questions

1. What is a vegetable? Tick one.

- the part of the plant that can be eaten but doesn't have any seeds
- the part of the plant that can't be eaten
- the part of a plant that can be eaten but does have seeds

2. What type of weather do most vegetables need to be able to grow?

3. Draw a line to match the vegetables to their vegetable type.

kale

leafy greens

turnips

flowers

cauliflower

root vegetable

4. What does the word **diet** mean?

5. Write three reasons why it is good to eat vegetables.

1. _____

2. _____

3. _____

6. Lots of people think you need to eat five or more portions of fruits and vegetables per day. Why do you think this is?

Answers

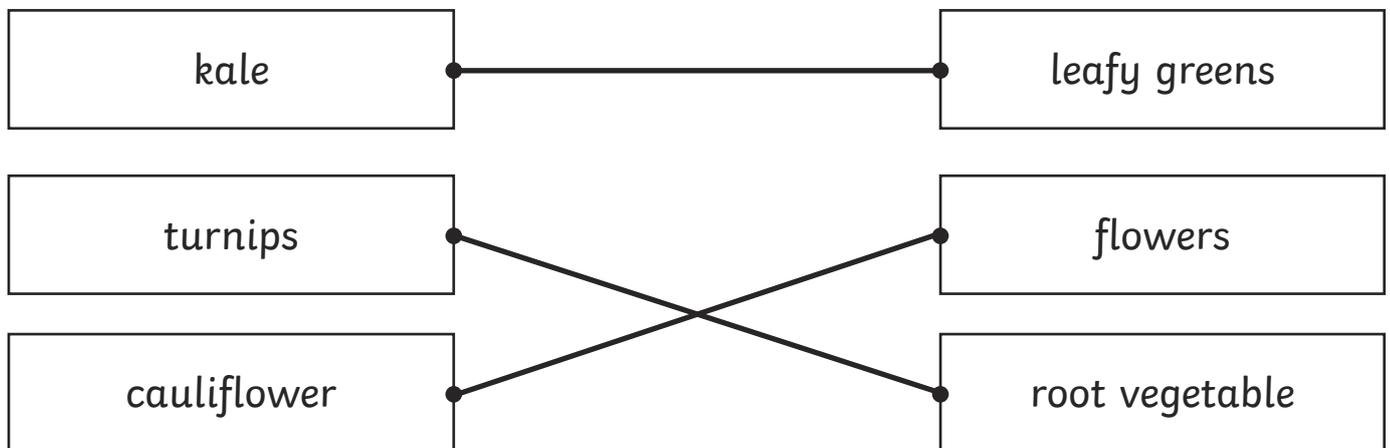
1. What is a vegetable? Tick one.

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2. What type of weather do most vegetables need to be able to grow?

Most vegetables need warm weather to grow.

3. Draw a line to match the vegetables to their vegetable type.



4. What does the word **diet** mean?

Diet means the kinds of foods that we eat.

5. Write three reasons why it is good to eat vegetables.

Accept any three from; vegetables give you lots of energy; vegetables have lots of vitamins, minerals and nutrients inside them; they help you to grow; they help to keep you well.

6. Lots of people think you need to eat five or more portions of fruits and vegetables per day. Why do you think this is?

Various answers relating to having a varied diet and including lots of foods that contain vitamins and nutrients.