

## Fruit & Veggie Trivia

- Humans eat more than 2,000 types of plants.
- Tomatoes are the most popular fruit in the world.
- Potatoes were the first vegetable to be grown in space.
- Lettuce is the only vegetable or fruit that is never sold frozen, canned, cooked or in any other form but fresh.
- Strawberries are the only fruit with seeds on the outside.



## Did You Know ...?

- Leaves are where **photosynthesis** usually occurs - where food for the plant is made. Chlorophyll in the leaves captures light energy and uses it to convert water and carbon dioxide into plant food (glucose) & oxygen for the plant.
- Many plant parts we eat and call vegetables are (scientifically speaking) fruits. A fruit (to a plant) is the part of the plant that develops from a flower and produces seeds. Tomatoes, eggplants, avocados, cucumbers, pumpkins, and zucchinis are actually fruits!



zucchini



avocado

## Joke Time

1. What did the big flower say to the little flower?
2. Why do leaves fall from dogwood trees?



## Joke Answer:

1. What's up Bud?
2. They're afraid of the bark.



For more agricultural education lessons and resources, visit:  
[www.maefonline.com](http://www.maefonline.com)



## Links to Agriculture Plant Parts



Plants come in all shapes and sizes and grow almost everywhere on Earth. Each plant part has a different job.

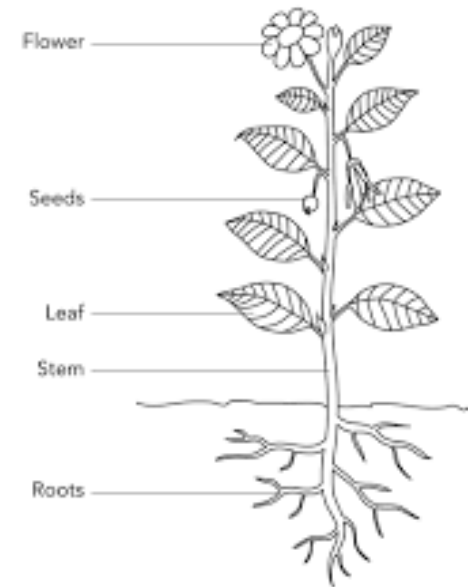
**Flowers** produce seeds. **Seeds** can develop into another plant.

**Fruits** grow around the seeds to protect them. They don't grow on all plants.

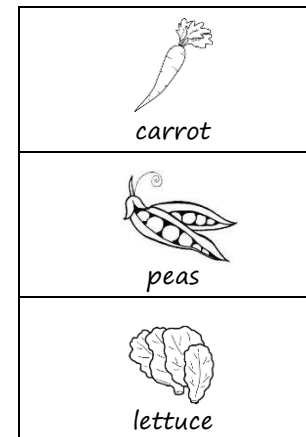
**Leaves** are where food for the plant is made.

**Stems** hold the plant up and take the water and nutrients to the rest of the plant.

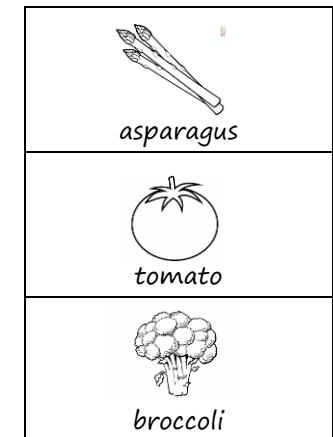
**Roots** hold the plants in the soil and absorb water and nutrients.



People eat many different parts of plants. Look at each food below.  
What part of a plant is it? Draw a line to match.



flower  
fruit  
seed  
leaf  
stem  
root



## How Well Did You Read?

Circle the word that completes the sentence.

1. \_\_\_\_\_ make food for the plant.

Leaves                  Seeds                  Roots

2. \_\_\_\_\_ produce seeds.

Roots                  Stems                  Flowers

3. \_\_\_\_\_ protect the seeds.

Leaves                  Fruits                  Stems



tomato plant



## Eating the Rainbow

Vegetables and fruits come in all colors and are part of a healthy diet. Just like there are many colors in the rainbow, you should eat **different colored vegetables and fruits** every day to stay healthy. Can you draw a fruit or vegetable for each color?

red	orange	yellow
green	blue	purple

## Let's Get to the Root!

### An Experiment

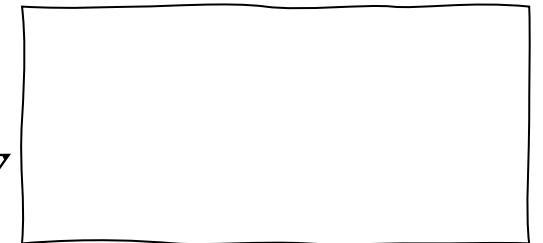
#### Materials:

- 1 carrot
- knife
- small bowl or dish with water
- adult help



#### Directions:

1. Fill a small bowl or dish with one inch of water.
2. Ask an adult to help you cut off about 1 ½ inches from the top of the carrot!
3. Put the carrot top in the bowl of water with the cut side down.
4. Put the bowl in a sunny window.
5. Watch the carrot for a few days.
6. What happens? Draw or write about it.



A carrot is what we call a **taproot**. A taproot is a big, main root that grows straight down into the ground. Along its sides, little roots grow, too. If you look carefully at a carrot before it is peeled, you may see some hair-like roots.

Some trees, plants and bushes have a major taproot, but others do not. Roots are important! They hold a plant in place when it is windy. They keep soil around the plant. And most of all, roots absorb water and nutrients from the soil for the plant.

The leaves of the carrot are usually removed at the market. Leaves make food that allow the carrot to grow. Sunshine is needed for this process.

**What were you able to grow in this experiment?**