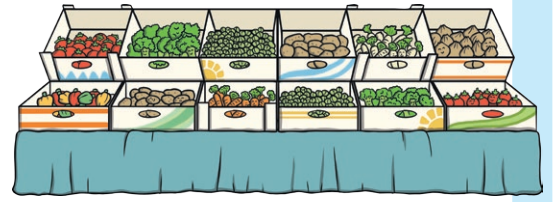


All about Vegetables

A vegetable is the part of a plant which can be eaten but does not have any seeds.



Leafy Greens

Some types of vegetables grow above the ground, such as lettuce, kale and spinach. These are called leafy greens.

Root Vegetables

Vegetables like carrots, parsnips, radishes, onions and turnips grow under the ground. These are called root vegetables.

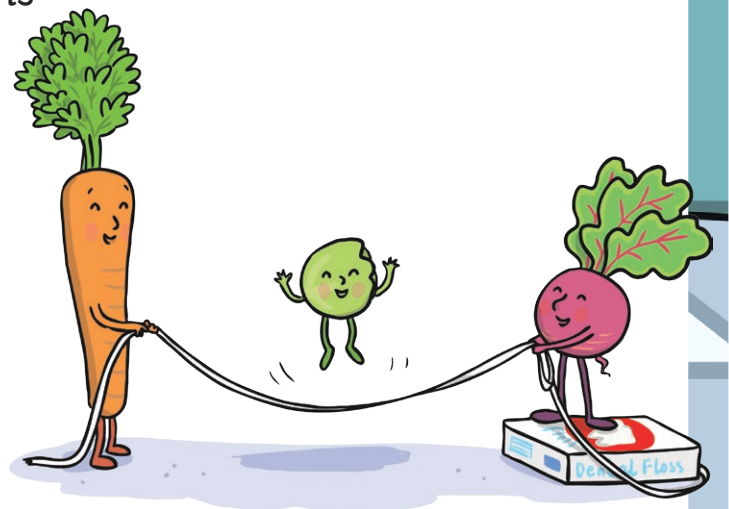


Vegetables or Fruit?

Tomatoes, green beans and cucumbers are fruits because they have seeds inside them.

Why Are Vegetables Good for You?

Vegetables have lots of vitamins in them. Eating different types of vegetables helps to keep you healthy and helps you to grow.



Questions

1. What does a vegetable **not** have? Tick one.

- seeds
- skin
- leaves

2. What do we call lettuce, kale and spinach? Tick one.

- root vegetables
- leafy greens
- fruits

3. Which of these vegetables are root vegetables? Tick one.

- cabbage
- spinach
- carrots

4. What do vegetables have lots of? Tick one.

- salt
- vitamins
- sugar

5. What does eating lots of vegetables help you to do? Tick two.

- keep healthy
- grow
- sleep

Answers

1. What does a vegetable **not** have? Tick one.

- seeds**
- skin
- leaves

2. What do we call lettuce, kale and spinach? Tick one.

- root vegetables
- leafy greens**
- fruits

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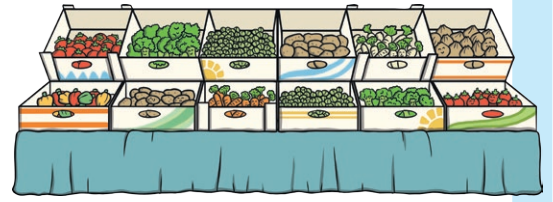
- salt
- vitamins**
- sugar

5. What does eating lots of vegetables help you to do? Tick two.

- keep healthy**
- grow**
- sleep

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. We call these 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.

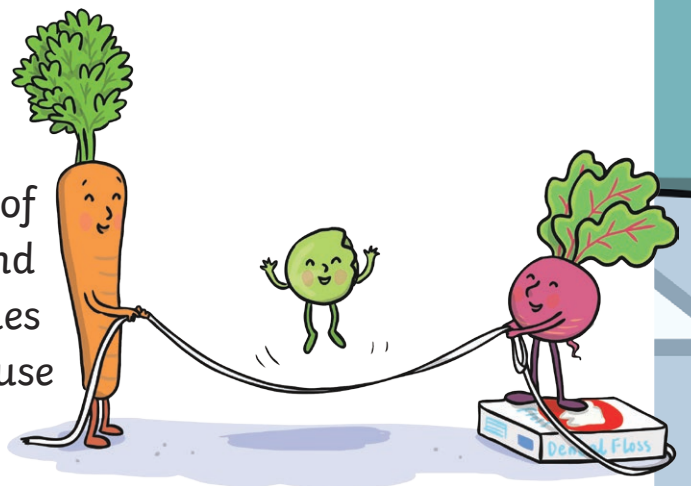


Vegetables or Fruit?

Tomatoes, pumpkins, 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. They give you energy and help you to grow. Eating vegetables can help to keep you healthy because they contain lots of vitamins.



Questions

1. What type of vegetable is kale? Tick one.

- a leafy green
 a root vegetable
 a fruit

2. What are vegetables called if they grow under the ground?

3. Why are tomatoes not a vegetable? Tick one.

- because they are red
 because they have seeds inside them
 because they are soft

4. Draw a line to complete the sentences.

It is important to eat

grow above the ground.

Some types of vegetables

shapes, sizes and colours.

Vegetables grow in lots of

lots of vegetables.

5. Complete this sentence.

Eating vegetables can help to keep you _____.

tired

healthy

bored

Answers

1. What type of vegetable is kale? Tick one.

- a leafy green**
 a root vegetable
 a fruit

2. What are vegetables called if they grow under the ground?

root vegetables

3. Why are tomatoes not a vegetable? Tick one.

- because they are red
 because they have seeds inside them
 because they are soft

4. Draw a line to complete the sentences.

| | |
|----------------------------|----------------------------|
| It is important to eat | grow above the ground. |
| Some types of vegetables | shapes, sizes and colours. |
| Vegetables grow in lots of | lots of vegetables. |

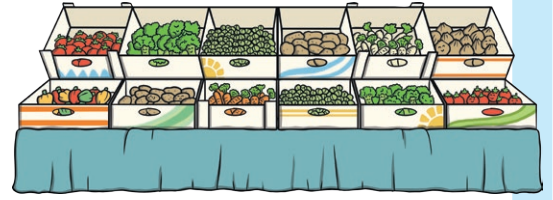
5. Complete this sentence.

Eating vegetables can help to keep you **healthy**.

| | | |
|-------|---------|-------|
| tired | healthy | bored |
|-------|---------|-------|

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.

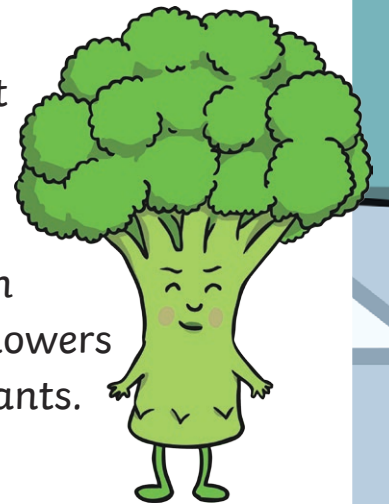
Potatoes are not root vegetables but are actually tubers that grow under the ground.



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.

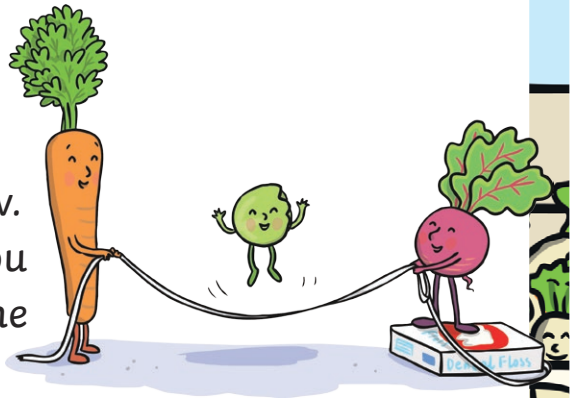


Vegetables or Fruit?

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

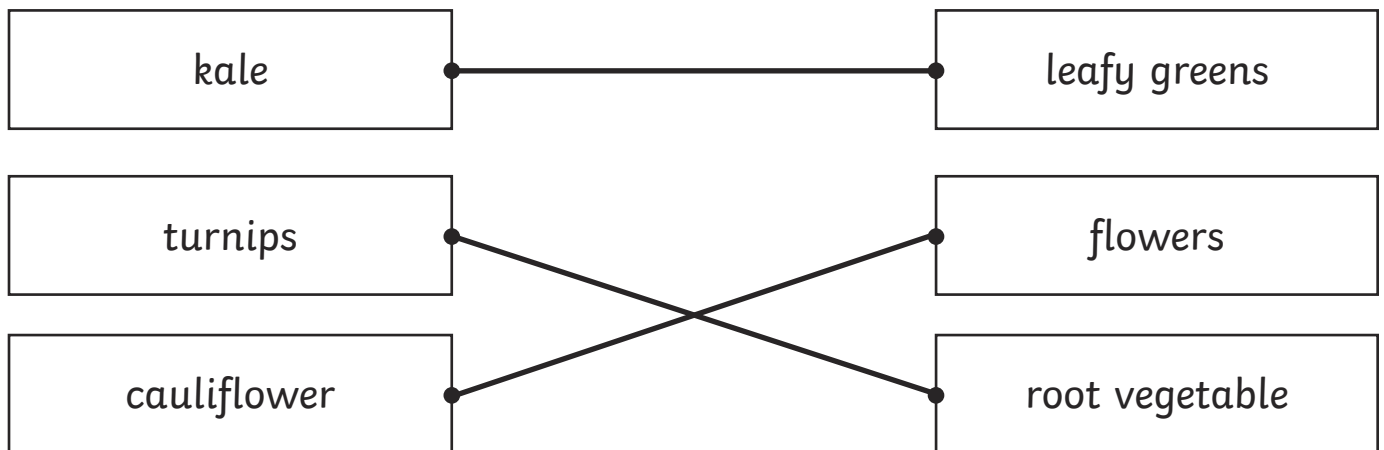
1. What is a vegetable? Tick one.

- 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?

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.