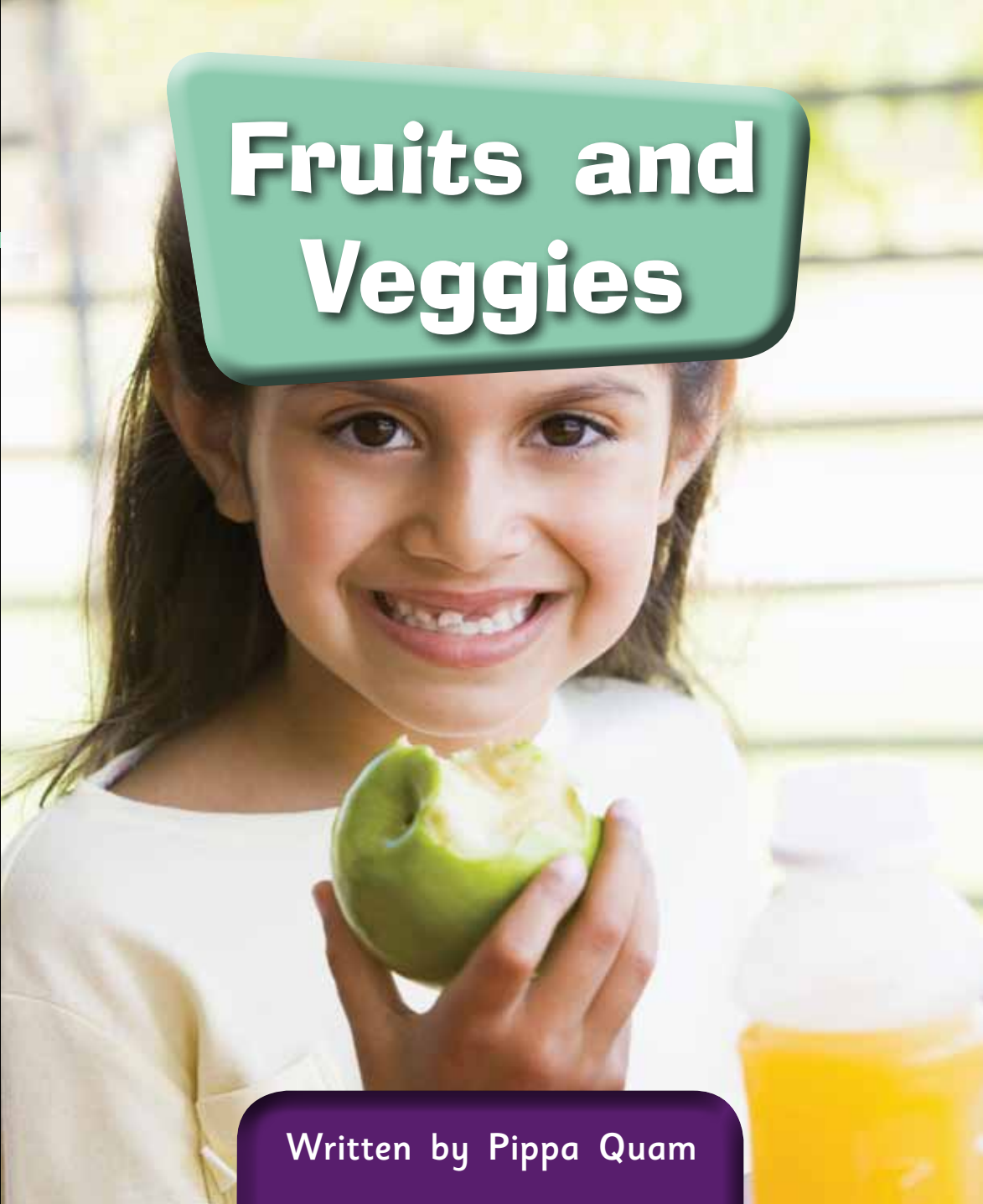

Fruits and Veggies
Written by Pippa Quam

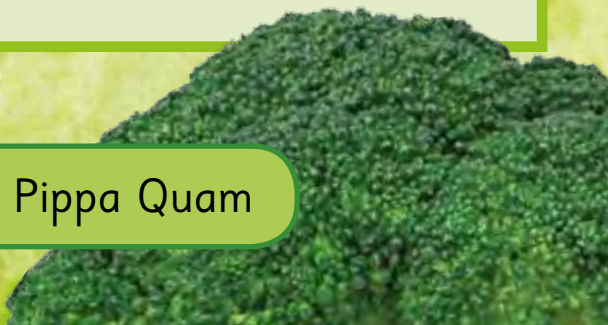
Fruits and Veggies

For teachers' inspection ONLY



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Written by Pippa Quam

Introduction

Do you like fruits and vegetables?
Eating them every day
will help keep you healthy.
Every kind of fruit and vegetable
comes from a plant.



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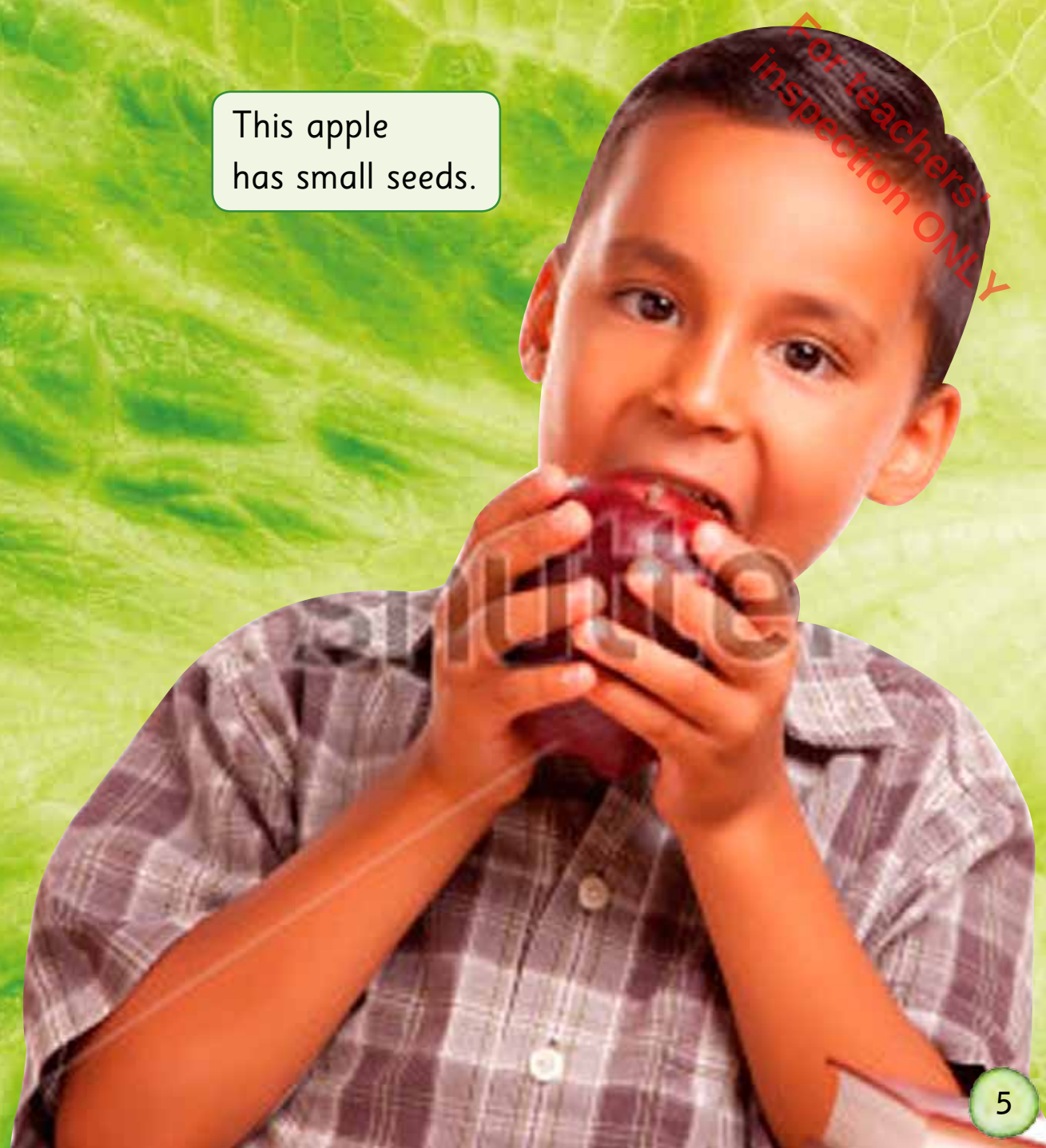
Fruits and vegetables
are good for your health.

Which Part of the Plant?

Do you know which parts of the plant fruits and vegetables are? Fruits contain the parts of a plant that make new plants, or **seeds**. Some fruits, such as peaches, have big seeds, and other fruits, such as apples, have small seeds.



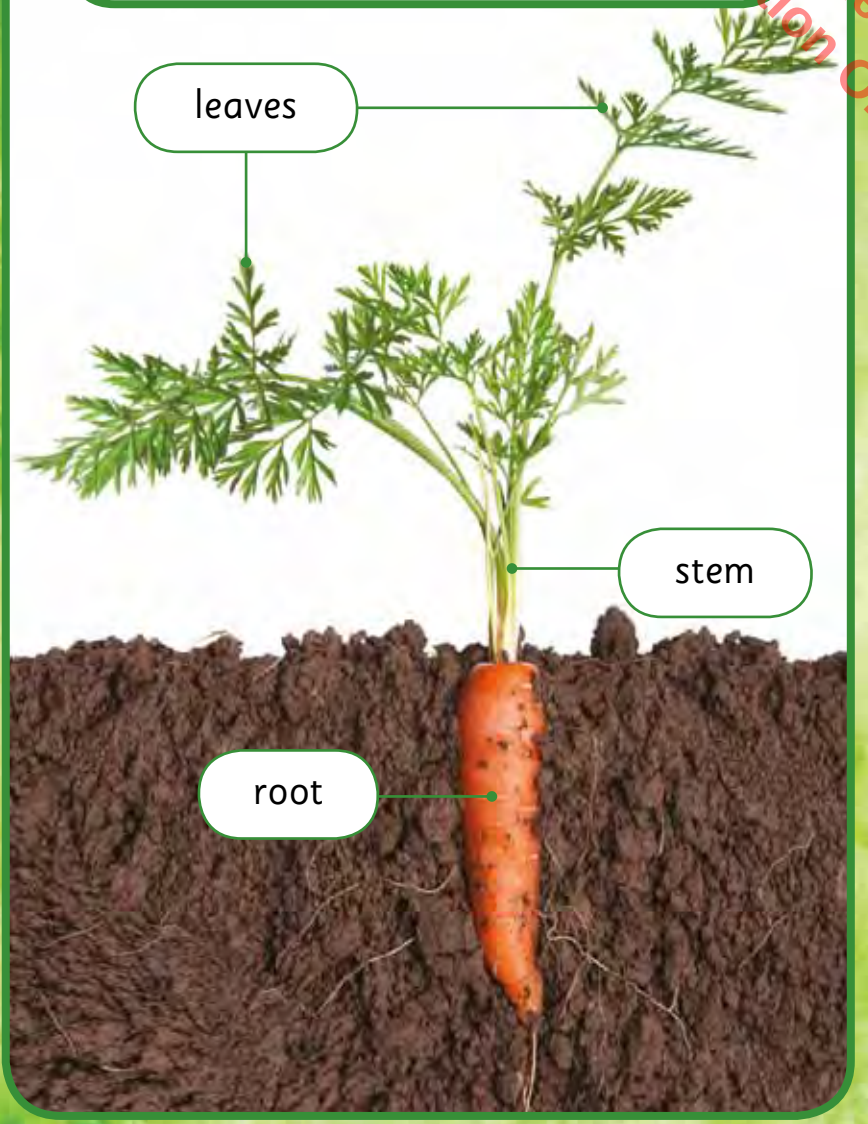
This apple has small seeds.



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A vegetable is any part of a plant you can eat that does not have seeds. It can be the underground part of the plant, or the **roots**. Radishes and carrots are roots. Lettuce and spinach are the parts of a plant that catch sunlight, or **leaves**. Celery and rhubarb are the parts of a plant that hold up the leaves and flowers, or **stems**. Broccoli and artichokes are flowers.

Parts of a Carrot Plant



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