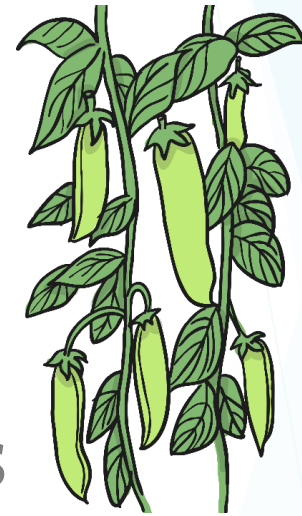




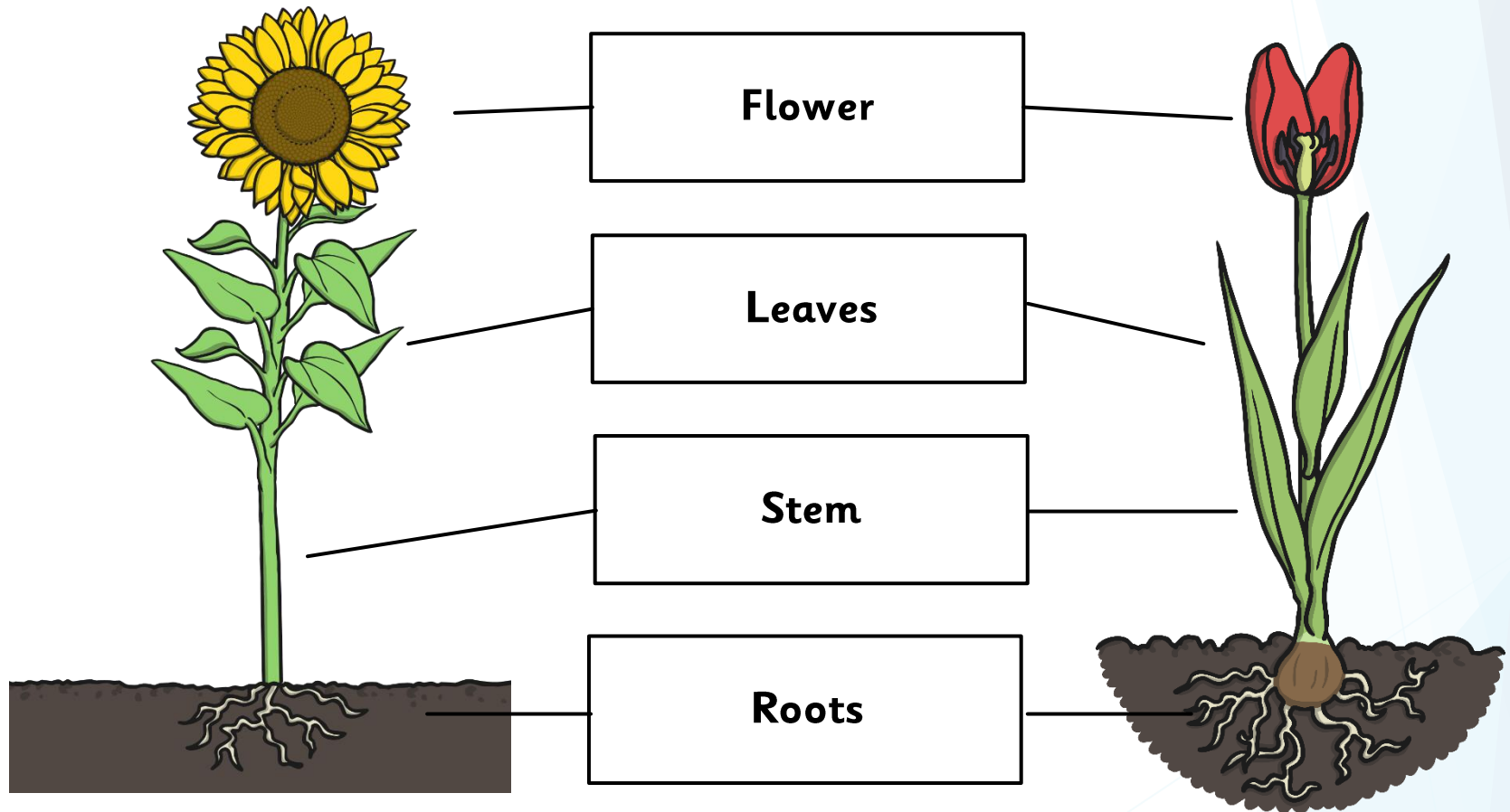
Plants

Nutritious, Delicious



Parts of a Plant

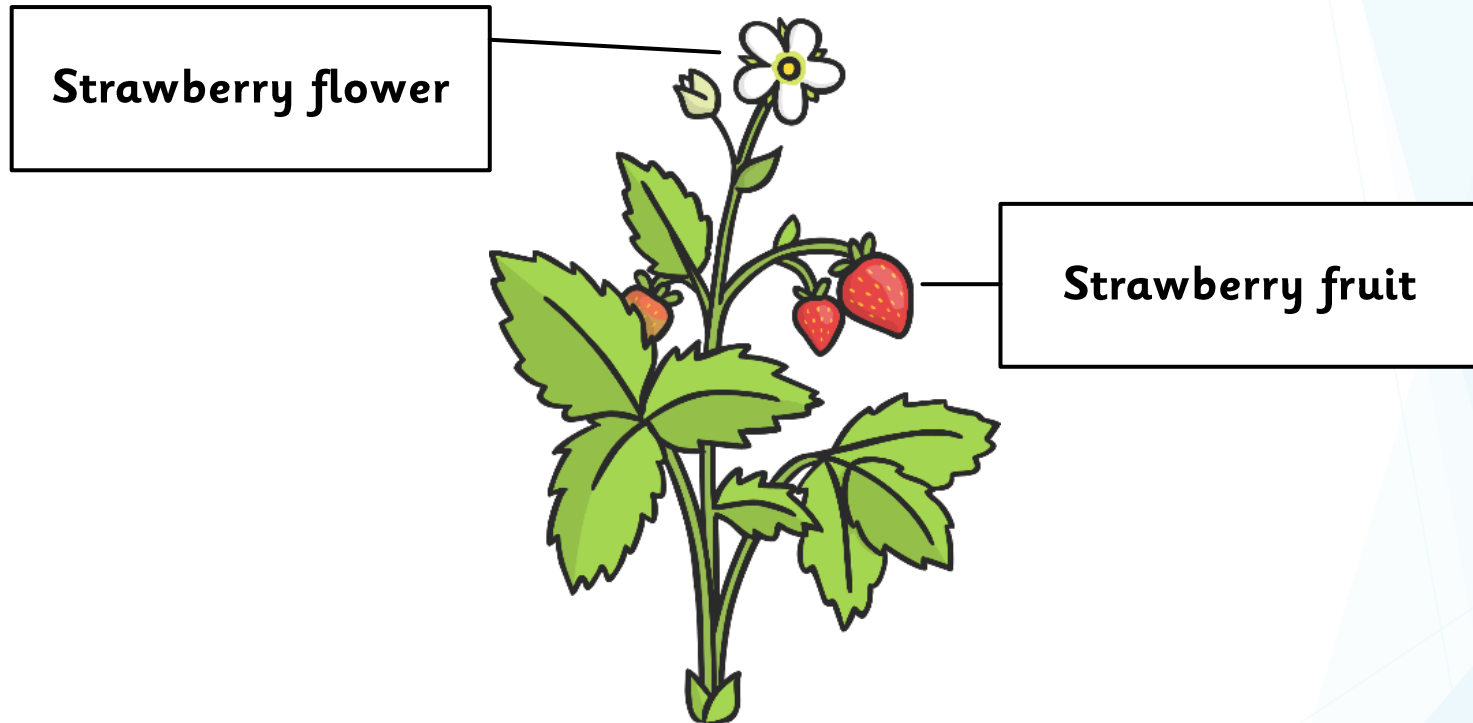
We have been looking at the different elements found on flowering plants:



There are some plants you can eat. But what part are you eating?

Plants We Eat - Fruits

Many plants produce fruit where a flower has previously grown. If the flower is pollinated by insects, the petals fall off and a fruit grows in its place.



Can you think of any more fruits?

Fruits

Many of the vegetables we eat are actually fruits. Fruits always contain seeds. The seeds might be on the inside or the outside of the fruit.



peppers, mango, peaches, oranges, lemons, tomatoes, grapes, pumpkins
and many more...

Plants We Eat - Flowers

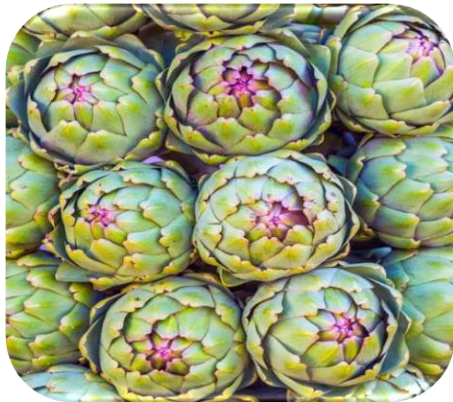
In some plants, it is the flower that we actually eat.
These are Flower Vegetables

Broccoli flower



Can you think of any more flower vegetables?

Flower Vegetables



cauliflower, broccoli, artichoke

Plants We Eat - Stems / Shoots

In some plants, it is the stem / shoot that we eat.
These are Stem Vegetables

Spring onion stem



Can you think of any more stem vegetables?

Stem Vegetables

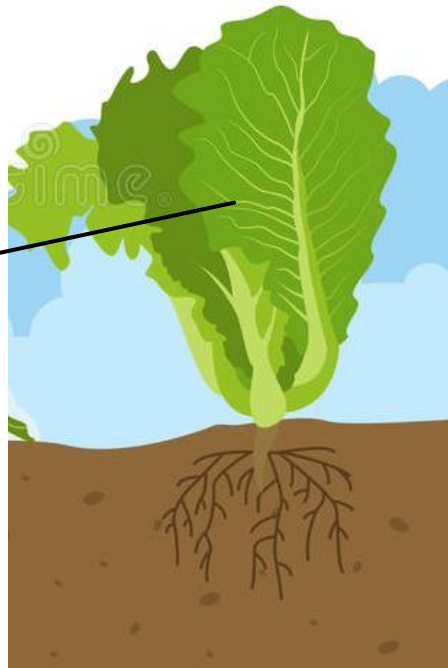


Leeks, rhubarb, asparagus, spring onions, celery

Plants We Eat - Leaves

In some plants, it is the leaves that we eat.
These are Leaf Vegetables

Lettuce leaf



Can you think of any more leaf vegetables?

Leaf Vegetables



sprouts, chard, spinach, lettuce, cabbage

Plants We Eat - Roots

In some plants, it is the root that we eat.
These are Root Vegetables



Carrot root

Can you think of any more root vegetables?

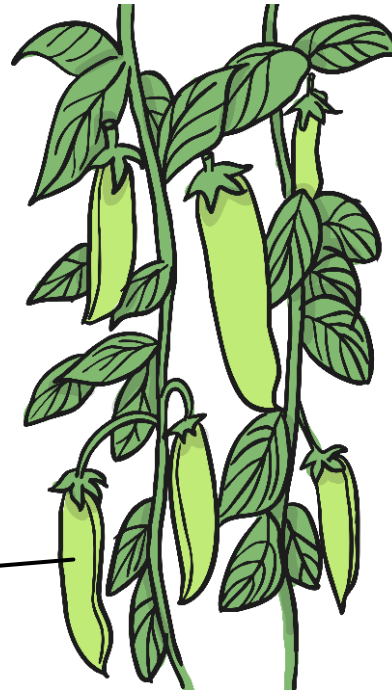
Root Vegetables



carrot, parsnip, radish, beetroot, turnip, sweet potato

Plants We Eat - Seeds

In some plants, it is the seeds that we eat.
These are Seeds. Although some confuse them with vegetables.



Bean (pod) seeds

Can you think of any more seeds?

Seeds

Apart from sweetcorn, seeds usually grow in pods, which are sometimes eaten along with the seeds.



peas, beans, sweetcorn

Seeds – Grains & Cereals

Grains and cereals are the seeds of grassy plants.



Grains are very important foods around the world.

