

Instructions

Read the information below about vegetables and fruits, then complete the exercises.

What is the difference between vegetables and fruits?

Fruits and vegetables are both important parts of a healthy diet, but they have some key differences:

- **Fruits:** Generally, fruits are the mature ovary of a flowering plant, usually containing seeds. They are often sweet or tart and can be eaten raw.
- **Vegetables:** Vegetables are other parts of the plant, such as leaves, stems, roots, or flowers. They can be savory and are often used in cooking.

Examples:

Some common fruits are:

- Fruit:
- Fruit:
- Fruit:

Some common vegetables are:

- Vegetable:
- Vegetable:
- Vegetable:

Exercise 1: Identifying Fruits and Vegetables

Look around your kitchen or think about your favorite foods. Write down one fruit and one vegetable, then explain why you categorized them as such.

Fruit:

Reason:

Vegetable:

Reason:

Exercise 2: Creative Drawing

Draw a fruit and a vegetable in the boxes below.

Fruit Drawing:




Vegetable Drawing:



Exercise 3: Fun Facts

Write one fun fact you know about fruits and one about vegetables.

Fruit Fun Fact:



Vegetable Fun Fact:

