

What Are Fruit and Vegetables?

Fruit and vegetables are types of food. There are many different types of fruit and vegetables.

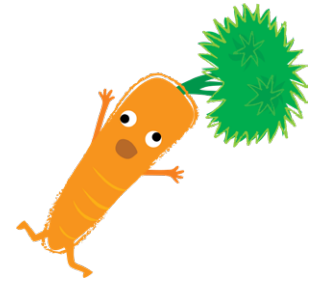
Vegetables mostly come from the stems, roots or leaves of a plant.



Most fruit comes from the flowers of a plant. Fruit usually contains seeds.



Look at the picture. What fruits and vegetables can you see with Supertato?



Where Do Fruit and Vegetables Grow?

Fruit and vegetables can grow in different places, such as gardens, farms, vegetable patches, greenhouses and pots. They can be grown from seeds.



This is a vegetable patch. What type of vegetables do you think might be growing here?

Did You Know...?

Avocados grow on trees.



Fun Fact

Carrots grow under the soil but their green leaves grow above the surface of the soil.

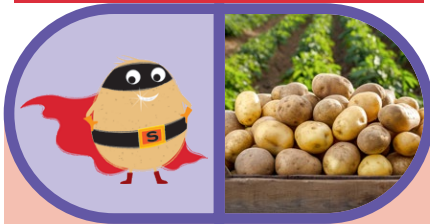


Fruit and vegetables can grow on plants, trees, bushes and vines. They can also grow on the surface of soil and sometimes under the ground, below the surface.

Types of Vegetables

We meet different types of vegetables in 'Supertato'.

Supertato is a potato.



Did You Know...?

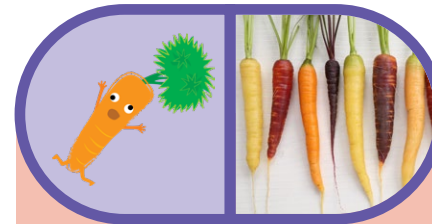
In 1995, potatoes were the first vegetable to be grown in space.



Broccoli

Fun Fact

The little green buds on top of broccoli are called florets.



Carrot

Did You Know...?

Carrots are usually orange but they can also be purple, white or yellow.



Which other vegetables can you see in this picture?



Other Types of Vegetables

Some vegetables are **root vegetables**. Root vegetables grow underground. Here are some root vegetables:

Here are some other vegetables. Have you tried any of them?



beetroot



turnips



asparagus



Brussels sprouts



cabbages



parsnips

What is your favourite vegetable?



lettuce

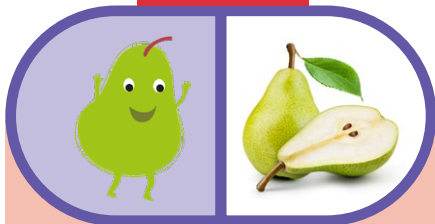


onions

Types of Fruit

We meet different types of fruit in 'Supertato'.

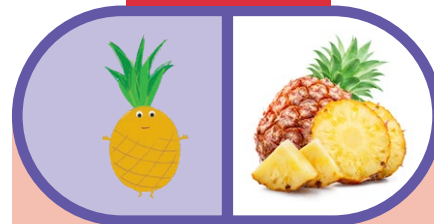
Pear



Did You Know...?

There are over 3000 different types of pears in the world!

Pineapple



Fun Fact

The leaves that grow at the top of a pineapple are called the crown.



Tomato

Did You Know...?

You may find tomatoes in a pasta sauce or on a pizza. They can even be made into a juice.



Which other types of fruit can you see in this picture?



Other Types of Fruits

Fruit often contains pips or seeds. Look at the seeds inside the kiwi fruit. Have you eaten any other food with seeds inside them?



What is your favourite fruit?



Here are some other types of fruit. Have you tried any of them?



apples



blueberries



grapes



oranges



bananas



strawberries