

Plants We Eat



Cress is a plant that we eat.

Lots of the food that we eat is a part of a plant.

Can you think of any?



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Plants We Eat: Fruit

Many plants have fruit to carry and spread their seeds.
Some of the food we think of as vegetables are actually fruits.



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Plants We Eat: Vegetables

Vegetables come from all different parts of plants.



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Plants We Eat: Root Vegetables



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Plants We Eat: Stem Vegetables



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Plants We Eat: Leaf Vegetables



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Plants We Eat: Flower Vegetables



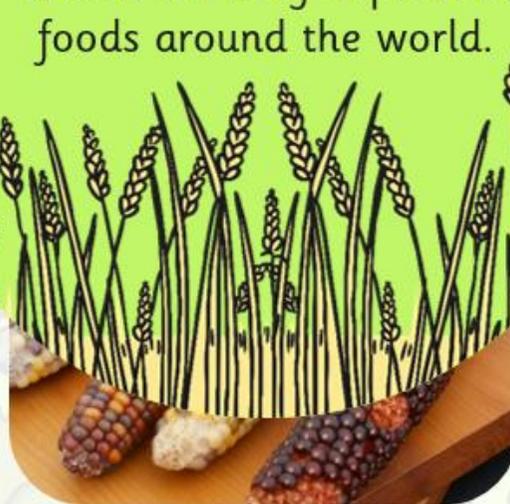
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Plants We Eat: Grains and Cereals



These foods are the seeds of grassy plants.

Grains are very important foods around the world.



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Plants We Eat: Nuts, Seeds and Legumes



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Plants We Eat



How many different foods can you remember that are parts of plants?

You have **2 minutes** to write a list.

On your marks...

Get set...

GO!

00:00



Plants We Eat



How many different foods can you remember that are parts of plants?

You have **2 minutes** to write a list.

Now, using your list, can you work out which part of the plant we eat?

For example:

lettuce – we eat the leaves.



