Vibrant Fruits & Veggies!!
Why Fruits & Veggies?!

- Color
- Flavor
- Texture (Crunch!!)
- Low in calories
- Vitamins & Minerals

Vary your Fruits & Veggies: Eat the Rainbow
“Any part of a plant can be eaten”
**Definitions**

- **Fruit**
  - Is the edible part of the plant that contains the seeds.

- **Vegetable**
  - Any edible portion of the plant that does not have seeds.
Anatomy of a Plant

http://universe-review.ca/l10-22a-anatomy2.jpg
Sunchoke
Jicama
Radish

Turnip

http://www.hort.purdue.edu/ext/senior/vegetabl/images/large/turnip2.jpg

http://4.bp.blogspot.com/_XNt5-jdKA2Y/TNqaw-fTVKI/AAAAAAAAE08/TeiEQZWD6RQ/s1600/radish.JPG
Game time!

- Vegetables
  - Sweet Potato
- Fruits
  - Artichoke
- Flowers
  - Lentils
- Tubers
  - Garlic
- Pumpkin
  - Spinach
- Tomato
  - Potato
Game Time!

- Leaves
- Roots
- Kale
- Cabbage
- Apples
- Cauliflower
- Cherries
- Squash

- Seeds
- Bulbs
- Romaine Spinach
- Corn
- broccoli
- plums
- tomato
- Nutrition
Game Time!

- Vitamins
- Minerals
- Vegetables
- strawberries
- Jicama
- Radish
- Turnip
- Artichoke
- Orange
- Cucumber
- Beans
- lettuce
- Eggplant
- pepper
- Blueberries
- leek
Reference