



Fruit or Vegetable?



Introduction

In the book *“What’s in the Garden?”* the reader is introduced to twelve different vegetables and fruits. In this activity, students use the reproducible bookmarks and decide whether a garden plant is a “fruit” as well as a “vegetable.”

Materials Needed

- ◆ A copy of *“What’s in the Garden?”*
- ◆ Reproducible Bookmarks of the twelve garden plants in the book

Key Concepts

- ◆ The term “fruit” is a scientific term. It refers to the part of the plant that contains the seeds.
- ◆ The term “vegetable” is a cooking term. It refers to a plant or part of a plant that is used for food, including the flowers, fruits, leaves, roots, or stems.

Procedure

1. Go to: www.dawnpub.com and click onto “Teachers/Librarians.” Scroll down to the cover of *“What’s in the Garden?”* Download enough of the twelve reproducible bookmarks for your class.
2. Read the book to students, including the glossary “Food for Thought” to older students.
3. Pass bookmarks out to students (If you have 24 students in your class, you will need two of each vegetable or fruit bookmark.)
4. Read the terms for what is a “fruit” and what is a “vegetable” as stated in the box under “Key Concepts.”
5. Then go to the beginning of the book again, turning to the page that has a picture of the fruit or vegetable (a recipe is also on that page.) For example, the book begins with a verse about apples. Ask student(s) who has an apple bookmark whether he/she thinks it’s a fruit or vegetable and why?



Additional Resources

The USDA recommends that we fill half of our plate with fruits and vegetables. The *Fruits & Veggies More Matters* website offers tips for helping kids eat more fruits and veggies.
<http://www.fruitsandveggiesmorematters.org/>

“Eating a Rainbow” is an easy way to encourage kids to eat a variety of fruits and vegetables. This squidoo website provides links to various “rainbow” resources:
<http://www.squidoo.com/eat-a-rainbow>.

Nature Connections

- Ask students to share with the class if they enjoy eating the vegetable or fruit illustrated on the bookmark they are holding and how they enjoy eating it best.
- Bring into class some of the vegetables and fruits in the book so students can have a look at the real thing. You might bring an ear of corn (the kernels are the seeds, so it is considered both a vegetable and a fruit) an apple (fruit), pumpkin (we eat pumpkin pie, but it also contains seeds, so a pumpkin is another one that is both a fruit and a vegetable) and lettuce (a vegetable.)