



Fruit or Vegetable?

Introduction

Students play a kinesthetic game of standing up and sitting down as they decide whether a garden plant is a "fruit" as well as a "vegetable." This is a good activity to do after students learn about plant parts. See next page: [Supplemental Information for Fruit or Vegetable](#).

Materials Needed

- ◆ Molly's Organic Farm

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.

For standards correlation please see our website.

Procedure

1. Show pages 20-21 of *Molly's Organic Farm*. Ask students, "Is a pumpkin a fruit or vegetable?" Take responses and then explain that the word "vegetable" is a cooking term that refers to a plant or part of a plant that is used for food. The word "fruit" commonly refers only to "sweet fruits" like apples, blueberries, oranges, and cherries. But actually a fruit is a scientific term for the part of the plant that contains the seeds. Because we eat pumpkin (think pumpkin pie!) AND it contains seeds, a pumpkin is BOTH a fruit and a vegetable.
2. Going page-by-page, help students identify each food that is growing on Molly's farm.
3. Once you reach the end of the book, go back to beginning, pointing to the plant, saying its name, and asking, "fruit or vegetable?" Students stay seated if the food is only a vegetable; they stand up if the food is also a fruit. See Supplemental Information page for answers.
4. End the lesson by asking students to share with the class one of their favorite fruits and vegetables. They may also explain how they like to eat it. For example, hot corn on the cob with butter and salt.

Nature Connections

- ◆ Bring in a variety of fruits, including sweet fruits such as an apple, orange, and melon, as well as other fruits such as a green pepper, summer squash, pumpkin, cucumber, and tomato. Cut fruits open to show the seeds. Have students work in small groups to take the seeds out of the fruits and compare their sizes and shapes.

Additional Resources

The USDA recommends that we fill half of our plate with fruits and vegetables. The Fruits & Veggies More Matters website has 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 of vegetables. This squidoo website provides links to various "rainbow" resources: <http://www.squidoo.com/eat-a-rainbow>



Supplemental Information for Fruit or Vegetable?



Fruit or Vegetable?

Fruits and vegetables are listed in the order in which they appear in the book:

- ◇ chard—vegetable
- ◇ onion—vegetable
- ◇ lettuce—vegetable
- ◇ beet—vegetable
- ◇ cabbage—vegetable
- ◇ cauliflower—vegetable
- ◇ broccoli—vegetable
- ◇ green bean— both fruit and vegetable
- ◇ sunflower—neither fruit nor vegetable...we only eat the ripened seeds
- ◇ cucumber— both fruit and vegetable
- ◇ corn—both fruit and vegetable (The fruit of the sweet corn plant is the corn kernel, a type of fruit called a caryopsis. The ear is a collection of kernels on the cob.
- ◇ tomato— both fruit and vegetable
- ◇ pepper— both fruit and vegetable
- ◇ apple—fruit
- ◇ peach—fruit
- ◇ zucchini—both fruit and vegetable
- ◇ radish—vegetable
- ◇ eggplant—both fruit and vegetable
- ◇ pumpkin— both fruit and vegetable

