Plants We Eat



Parts of a Plant

Plants have different parts to them, just like you. We have different body parts such as arms, legs and a mouth. A plant has different parts too and they all do different jobs.

We can eat parts of some plants.



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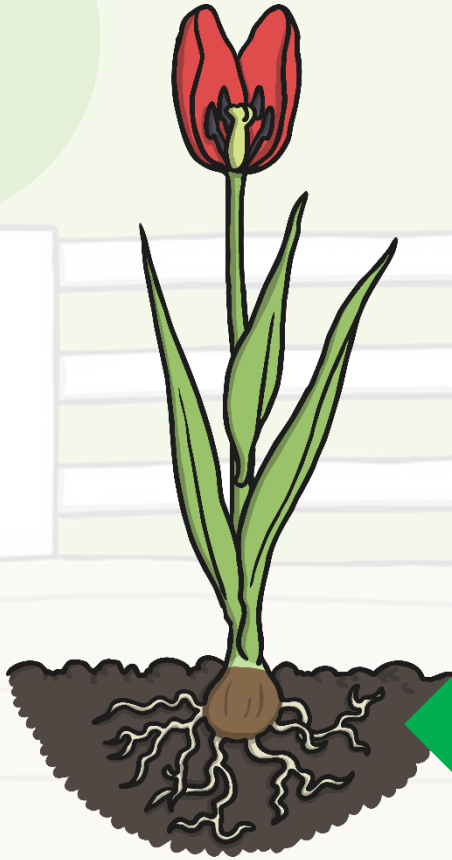
Roots

The roots of a plant anchor it in the ground.
Without roots, a plant would fall over.
Roots also take in nutrients and water from the soil.

Here are some root vegetables that we can eat.
Can you name them?







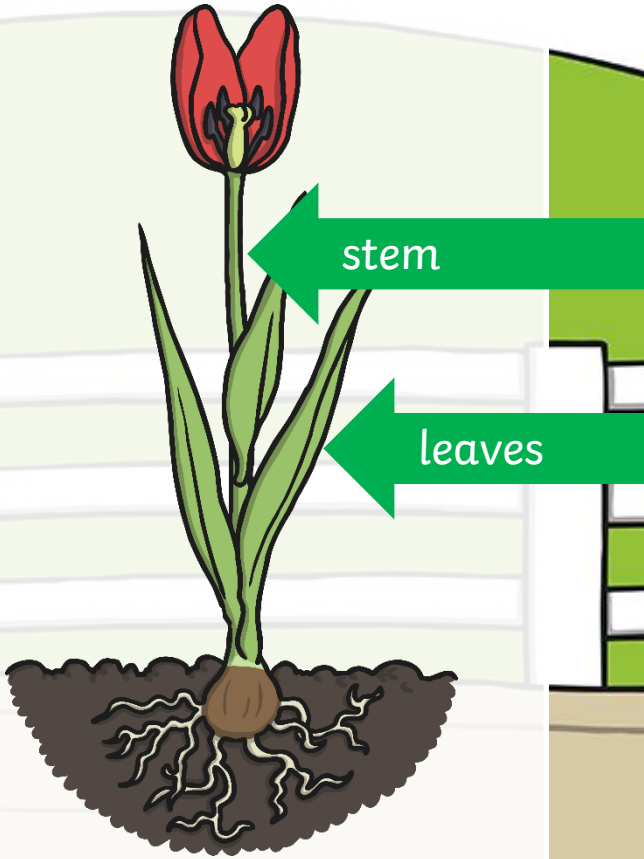
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Stems and Leaves

The stem helps to support the plant and keep it upright.
Water and food are taken up from the roots and transported through the stem.

Leaves are very important as they make food for the plants.
Leaves are made to catch the sunlight, as plants need sunlight to make food.

This process is called **photosynthesis**.
Leaves come in all sizes and shapes.



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Stems and Leaves

Here are some stem and leaf vegetables that we can eat.
Can you name them?







Can you think of any others?

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Flowers

Flowers look pretty and come in lots of different colours. They can also smell lovely.

These colours and smells are important because they attract bees, birds and butterflies that pollinate the plant. The plant will then produce seeds or fruit.



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Flowers

Here are some flower vegetables that we can eat.
Can you name them?







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Fruit

Many plants have fruit to carry and spread their seeds.

Some of the foods we might think are vegetables are actually fruits.

If the food has seeds, it is a fruit. The seeds might be on the inside or outside of the fruit.






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Seeds

Some of the foods we eat are the seeds of plants.
Can you name them?







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Seeds

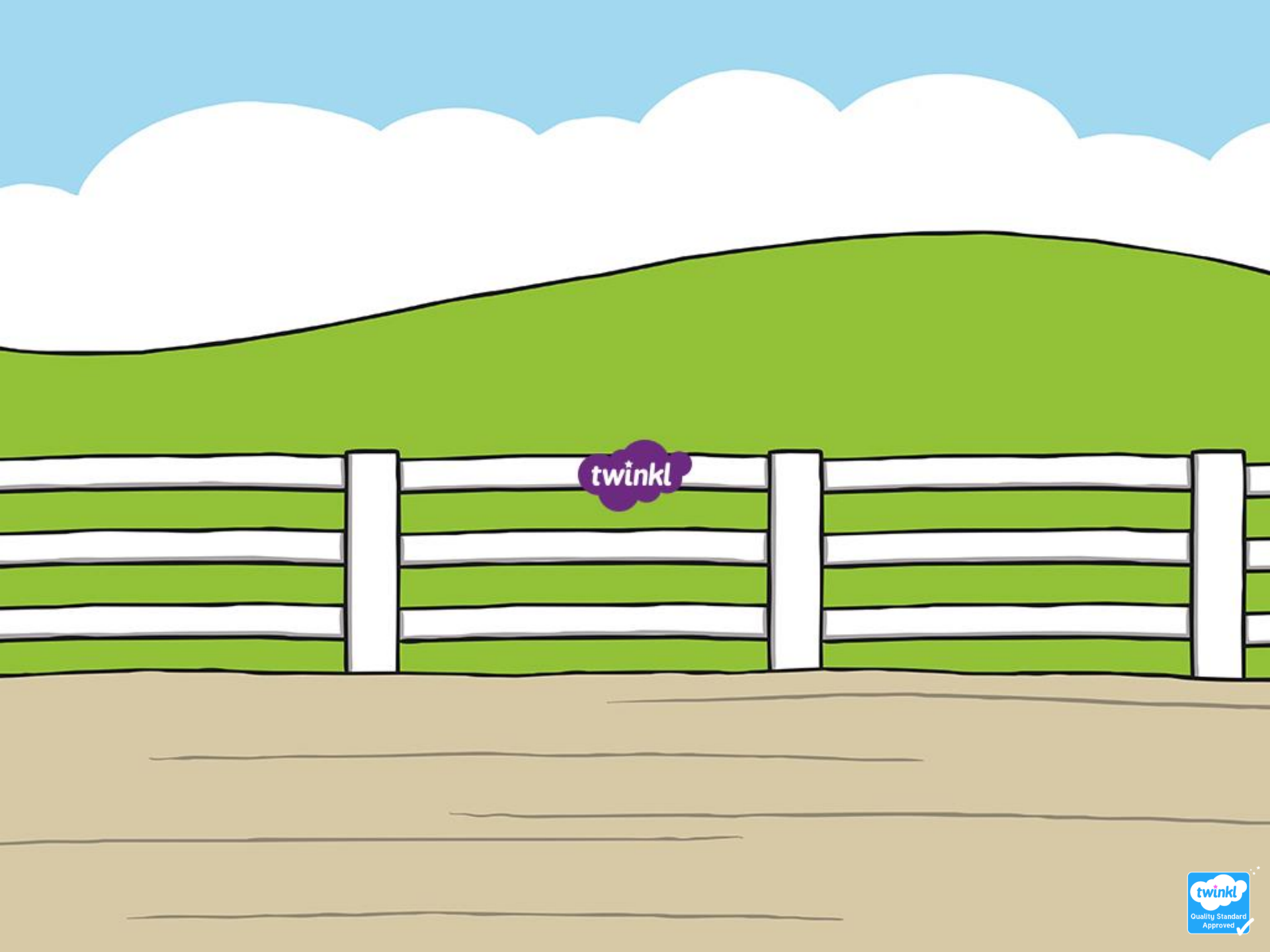
Grains and cereals are also the seeds of plants.
This is wheat. It grows in fields. It is ground into flour.

What can flour be used to make?





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