

Plants We Eat



Plants We Eat: Fruit

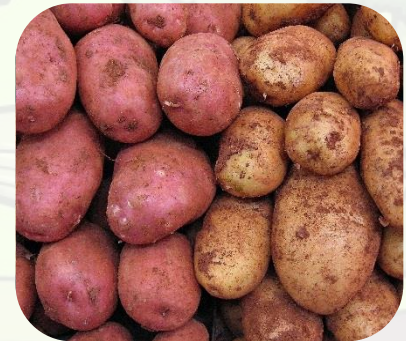
Many plants have fruit to carry and spread their seeds.
Some of the food we think of as vegetables are actually fruits.



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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



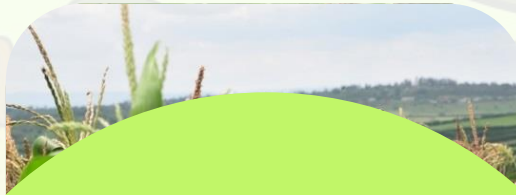
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Plants We Eat: Flower Vegetables



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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



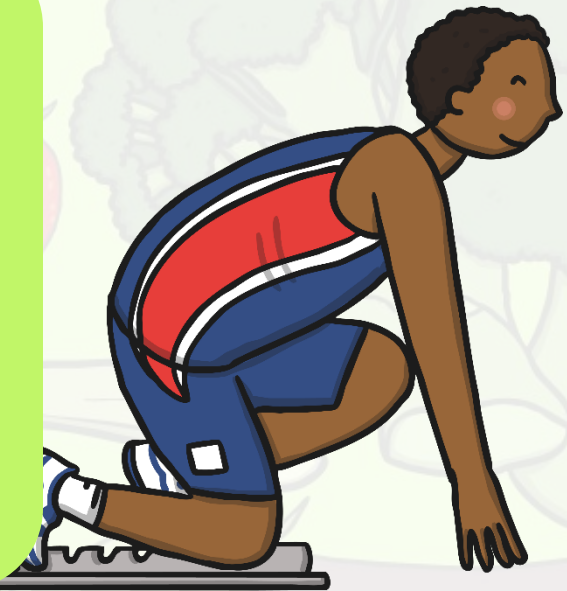
You have **1 minute** to remember 5
different foods that we eat that are parts of plants.
Write or draw them on your whiteboard.

On your marks...

Get set...

GO!

00:00

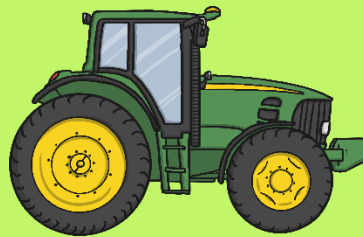


From Farm to Fork



Most of the plants that we eat are grown by farmers.

Farmers grow plants for food. They call the plants crops.



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From Farm to Fork



The farmers sell
the food to
supermarkets and
other shops.



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From Farm to Fork



We buy the food,
take it home and eat it!



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From Farm to Fork

Farmers have to look after their plants very carefully so they can grow lots of food for us to eat.



Watch this video
to find out more:



Food, Glorious Food

Shall we try some of the food
we have been talking about?

What parts of plants do these
foods come from?

How do you think farmers help
them to grow?



