Culinary 1 · Unit 5 · Level 1

Fruits & Vegetables



TODAY'S PLAN

- 🍎 Fruits
- 🥦 Vegetables
- 🚰 Wash
- 🥢 Stir-Fry
- ⭐ Great Job

Last Time

Last Time



👉 Yeast eats **sugar**. 🦠

👉 **Knead**: push, fold, turn. 🤲

Learn

Fruits

🍎 **Fruits** have **seeds**.

🍓 Many fruits are **sweet**.



Learn

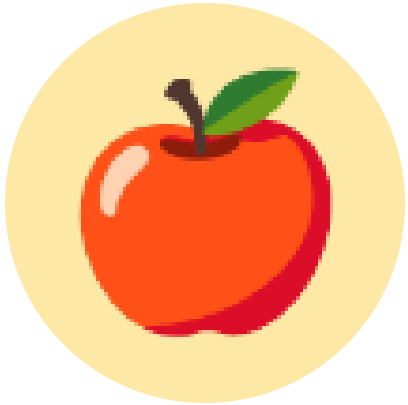
Vegetables

🥕 **Vegetables** are other plant parts.

🥬 Roots, stems, leaves, flowers.



🃏 Check 1 of 3



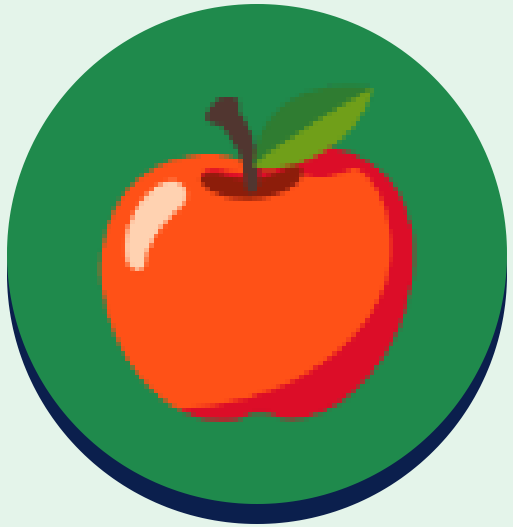
Which one is a fruit?

Point to the picture!

🥕 Carrot

🍎 Apple

✅ Answer · Card 1 of 3



Apple

An apple has seeds. It is a fruit.

Learn

Eat the Rainbow



🌈 Eat **lots of colors**.

💪 They keep you **healthy**.

Learn

Fruit Groups

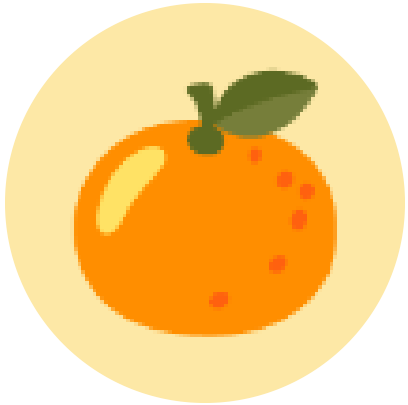
🍊 **Citrus**: orange, lemon.

🍑 **Pit**: peach, cherry.

🍉 **Melon**: watermelon.



🃏 Check 2 of 3



Which one is citrus?

Point to the picture!

🍋 Lemon

🍌 Banana

✅ Answer · Card 2 of 3



Lemon

Lemons, limes, and oranges are citrus.

Learn

Plant Parts



🥕 Carrot = **root**.

🌱 Celery = **stem**.

🥦 Broccoli = **flower**.

🃏 Check 3 of 3



A carrot is a...

Point to the picture!

🥕 Root

🌸 Flower

✅ Answer · Card 3 of 3



Root

A carrot grows under the ground. It is a root.

Learn

Wash Them



🚰 **Rinse** with water.

🥩 Keep away from **raw meat**.

Learn

Stir-Fry

🔥 Hot pan. **Stir fast.**

🥦 Cook a **short** time.



Wrap-Up

Recap



Fruit
has seeds



Vegetable
root, stem, leaf



Colors
eat the rainbow



Wash
rinse first

Wrap-Up

Great Job!



🍎 I know fruits!

🥦 I know vegetables!