Culinary 1 · Unit 5 · Level 2 (modified)

# Fruits & Vegetables



## TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🍎 Fruit Groups
- 🥦 Vegetable Groups
- 🛒 Buy, Wash, Cook
- 🥢 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

# Last Time



1️⃣ What does **yeast** eat? 🦠

2️⃣ What is **proofing**? ⏰

3️⃣ Which mixer tool **kneads** dough? 🪝

Answers: sugar · letting the dough rise · the dough hook

Learn

# Words to Know



🍎 **Fruit** = the part of the plant that holds the **seeds**.

🥦 **Vegetable** = any other part of the plant we eat: **root, stem, leaf, flower**…

💊 **Nutrient** = something in food that keeps your body healthy (vitamins, minerals, fiber).

🗓️ **In season** = the time of year it grows. Cheaper and tastes best.

Learn

# How Much Each Day?

🍎 Fruit: about **1½ to 2 cups** a day.

🥦 Vegetables: about **2½ to 3 cups** a day.

🥬 Leafy greens: **2 cups** = 1 cup serving.

🍇 Dried fruit: **½ cup** = 1 cup serving.



Learn

# Why Eat Them?



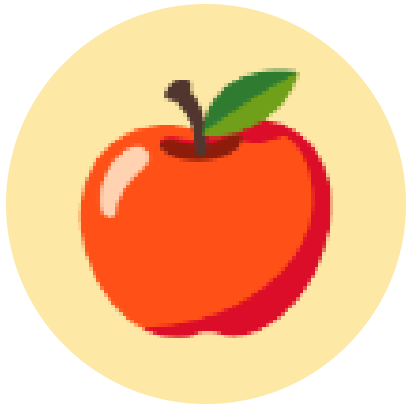
🥕 **Vitamin A** = healthy **eyes** and skin.

🍊 **Vitamin C** = healthy gums and **heals cuts**.

🌾 **Fiber** = helps digestion and keeps you full.

🌈 Eat lots of **colors**!

🃏 Check 1 of 5



# Which part of the plant is the fruit?

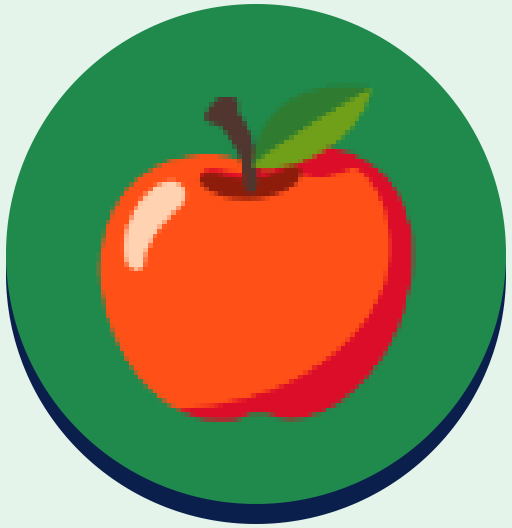
**Hold up 1, 2, or 3:**

1️⃣ The root

2️⃣ The part with seeds

3️⃣ The leaf

✅ Answer · Card 1 of 5



# The part with seeds

**Fruits hold the seeds. So a tomato is a fruit!**

Learn

# Fruit Groups (1 of 2)



## Pomes

core in the middle: apple, pear



## Drupes

one big pit: peach, cherry, plum



## Berries

soft, tiny seeds: strawberry, grape



## Melons

hard rind, juicy: watermelon

Learn

# Fruit Groups (2 of 2)



## Citrus

thick peel, sour: orange, lemon, lime



## Tropical

hot places: banana, pineapple, mango



## Surprise!

avocado is a drupe



## Surprise!

a tomato has seeds, so it is a fruit

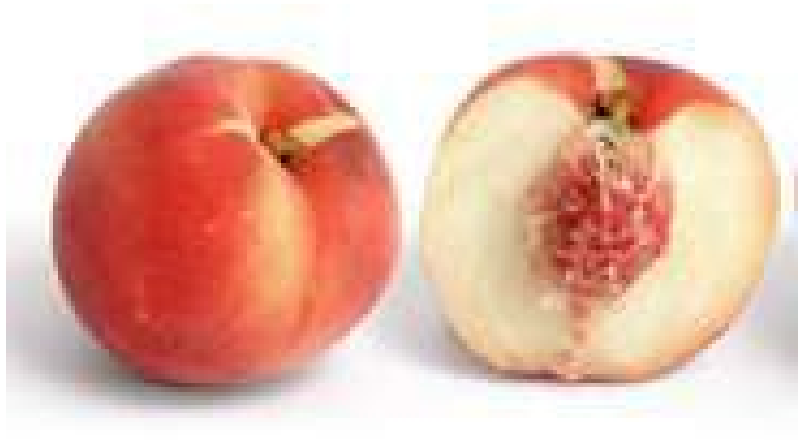
Learn

# Drupes Have One Pit

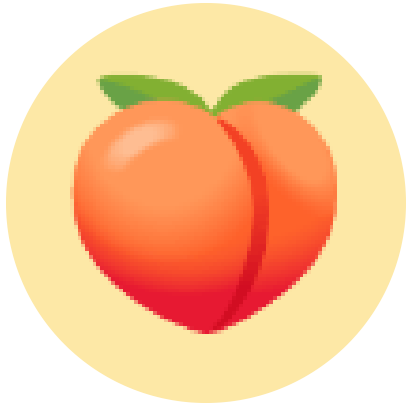
🍑 Peach · 🍒 cherry · 🟣 plum · 🥑 avocado

🪨 One **big seed** (pit) in the middle.

🍎 **Pomes** have a **core** instead.



🃏 Check 2 of 5



# A peach has one big pit. What group is it?

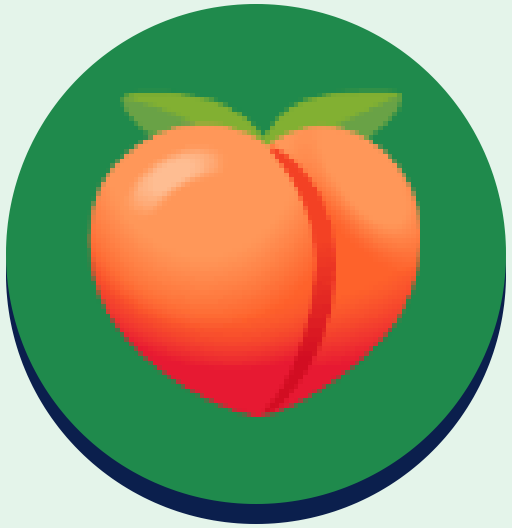
**Hold up 1, 2, or 3:**

1️⃣ Citrus

2️⃣ Melon

3️⃣ Drupe

✅ Answer · Card 2 of 5



# Drupe

**Drupes have one pit: peach, cherry, plum, avocado.**

🎬 Video

# Video: Fruits vs. Vegetables

Scan to watch

Science IRL (the class video)

👂 Listen for: what makes a fruit a fruit.

💬 Captions on

https://www.youtube.com/watch?v=a6nKRTG-L4k

Learn

# Vegetable Groups: Which Part Do We Eat?



🥕 **Roots**: carrots, beets, radishes · 🥔 **Tubers**: potatoes, yams

🧅 **Bulbs**: onions, garlic · 🌱 **Stems**: celery, asparagus

🥬 **Leaves**: lettuce, spinach, cabbage · 🥦 **Flowers**: broccoli, cauliflower

🫛 **Seeds**: peas, beans, corn · 🍄 **Fungi**: mushrooms

Learn

# Our Stir-Fry Vegetables

🌱 **Celery** = stem · 🥕 **Carrot** = root

🥦 **Broccoli, cauliflower** = flowers

🍄 **Mushrooms** = fungi



🃏 Check 3 of 5



# Broccoli is which part of the plant?

**Hold up 1, 2, or 3:**

1️⃣ Flower

2️⃣ Root

3️⃣ Seed

✅ Answer · Card 3 of 5



# Flower

**We eat the flower part of broccoli and cauliflower.**

Learn

# Shopping Tips



🗓️ **Fresh**: buy **in season**, firm, no bruises.

🥫 **Canned**: fruit in **juice**, not syrup. Veggies: low **salt**.

🧊 **Frozen**: no added sugar or sauce.

🧃 **Juice**: look for **100% juice**. “Fruit drink” is mostly sugar water.

Learn

# Wash and Cook



🚰 **Rinse** under cool running water. Rub off dirt.

🧻 Dry with a clean towel.

🥩 Keep them **away from raw meat**.

♨️ Cook a **short time** with **little water**. **Steaming** keeps the vitamins in.

🃏 Check 4 of 5



# Which way of cooking keeps the most nutrients?

**Hold up 1, 2, or 3:**

1️⃣ Boiling a long time

2️⃣ Deep frying

3️⃣ Steaming

✅ Answer · Card 4 of 5



# Steaming

Short time, little water. Steaming or stir-frying keeps vitamins.

Lab

# Lab Preview: Vegetable Stir-Fry

🧼 Wash hands. Apron on. Hair back.

🚰 **Wash** all the vegetables. Peel the carrots.

🔪 Slice carrots, celery, mushrooms. Break broccoli into **florets**.

🔥 Hot oil. Cook the **hardest** vegetables first. Keep stirring!

🥣 Add the sauce. Serve over rice.

**Bring to your station**

- 🃏 Picture recipe card
- ✅ Checklist on the card
- 🙋 Ask a partner or para for help

Wrap-Up

# Recap

## 🍎 Fruits

- Hold the seeds
- Pome, drupe, berry
- Melon, citrus, tropical

## 🥦 Vegetables

- Root, stem, leaf
- Flower, seed, bulb, tuber
- Eat lots of colors

## 🛒 Tips

- In season
- 100% juice
- Steam: short time

Wrap-Up

# Exit Ticket



1️⃣ Name a **drupe**.

2️⃣ Carrots are which **part** of the plant?

3️⃣ What should fruit juice say on the label?

⭐ Eat the rainbow! 🌈