🥕 Fruits & Vegetables Guided Notes · ANSWER KEY

Culinary 1 · Unit 5 Fruits & Vegetables · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

🧰 A. Words to Know

1. A **fruit** is the part of the plant that holds the seeds.
2. A **vegetable** is any other part of the plant we eat.
3. Food that is in **season** is cheaper and tastes best.
4. Vitamin **C** helps heal cuts.
5. Vitamin **A** keeps eyes healthy.

Word bank: **A** **C** **fruit** **season** **vegetable**

🍎 B. Fruit Groups

6. Draw a line from the fruit to its group:

(Key: 🍎 Apple → pome · 🍑 Peach → drupe · 🍓 Strawberry → berry · 🍉 Watermelon → melon · 🍊 Orange → citrus · 🍌 Banana → tropical)

🍎 Apple	berry
🍑 Peach	melon
🍓 Strawberry	citrus
🍉 Watermelon	tropical
🍊 Orange	pome
🍌 Banana	drupe

🥦 C. Vegetable Groups

7. Draw a line from the vegetable to the part we eat:

(Key: 🥕 Carrot → root · 🌱 Celery → stem · 🥬 Lettuce → leaf · 🥦 Broccoli → flower · 🧅 Onion → bulb · 🥔 Potato → tuber)

🥕 Carrot	leaf
🌱 Celery	flower
🥬 Lettuce	bulb
🥦 Broccoli	tuber
🧅 Onion	root
🥔 Potato	stem

🛒 D. Buy, Wash, Cook

8. Buy juice that says **100%** juice.

9. Buy canned fruit in juice, not **syrup**.

10. **Rinse** fruits and vegetables under running water.

11. Keep vegetables away from raw **meat**.

12. **Steaming** keeps the most vitamins in.

Word bank: **100%** **meat** **Rinse** **Steaming** **syrup**

Level 2 version of the gen ed "FRUITS & Vegetable-Notes to PowerPoint + Fruit Vocab Questions."