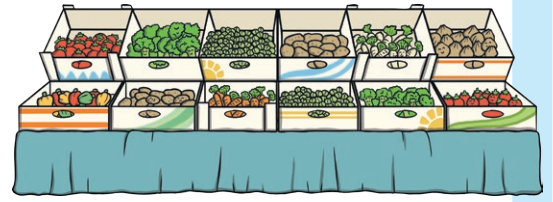


All about Vegetables

A vegetable is the part of a plant which can be eaten but does not have any seeds.



Leafy Greens

Some types of vegetables grow above the ground, such as lettuce, kale and spinach. These are called leafy greens.

Root Vegetables

Vegetables like carrots, parsnips, radishes, onions and turnips grow under the ground. These are called root vegetables.

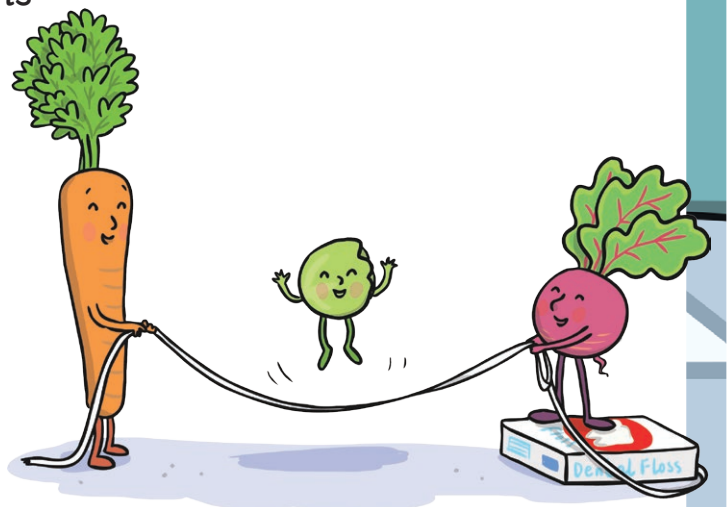


Vegetables or Fruit?

Tomatoes, green beans and cucumbers are fruits because they have seeds inside them.

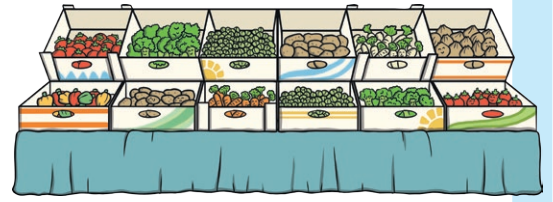
Why Are Vegetables Good for You?

Vegetables have lots of vitamins in them. Eating different types of vegetables helps to keep you healthy and helps you to grow.



All about Vegetables

A vegetable is the part of a plant which can be eaten but does not have any seeds. Vegetables grow in lots of different shapes, sizes and colours.



Leafy Greens

Some types of vegetables grow above the ground. We can eat the leaves of different plants, such as lettuce, kale and spinach. We call these leafy greens.

Broccoli and cauliflower plants have leaves, but it is the flowers of these plants that we eat.

Root Vegetables

Vegetables like carrots, parsnips, radishes, onions and turnips grow under the ground. These are called root vegetables. The part we see growing above the ground are the leaves of these vegetable plants.

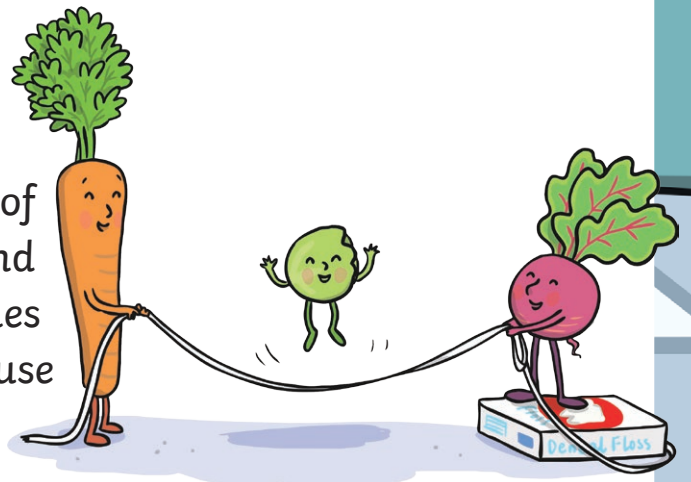


Vegetables or Fruit?

Tomatoes, pumpkins, green beans and cucumbers are actually fruits. This is because they have seeds inside them.

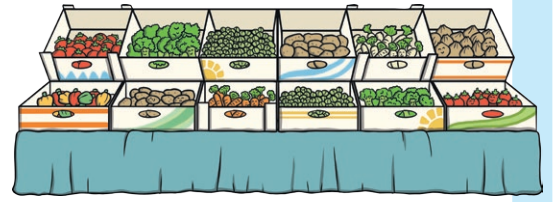
Why Are Vegetables Good for You?

It is important to eat lots of vegetables. They give you energy and help you to grow. Eating vegetables can help to keep you healthy because they contain lots of vitamins.



All about Vegetables

A vegetable is the part of a plant which can be eaten but does not have any seeds. Vegetables grow in lots of different shapes, sizes and colours.



Leafy Greens

Some types of vegetables grow above the ground. We can eat the leaves of different plants, such as lettuce, kale and spinach. These are called leafy greens.



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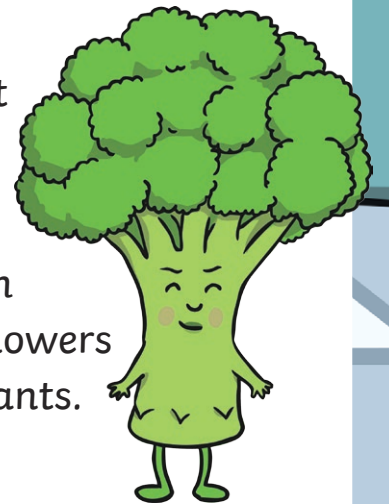
Potatoes are not root vegetables but are actually tubers that grow under the ground.



How Do Vegetables Grow?

Most vegetables need warm weather to grow but others can grow in cooler weather, such as carrots, spinach and turnips.

Vegetable plants will grow flowers if you let them grow for long enough. Seeds form from these flowers and can then be planted to grow new vegetable plants.

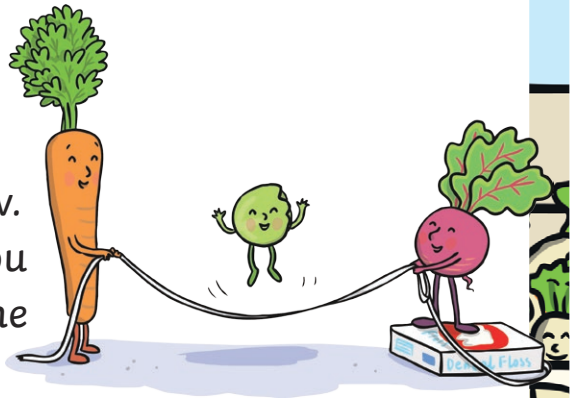


Vegetables or Fruit?

Although many people think they are vegetables, tomatoes, pumpkins, squashes, green beans and cucumbers are actually fruits. This is because they have seeds inside them.

Why Are Vegetables Good for You?

It is important to eat lots of vegetables as part of a healthy diet. Vegetables give you lots of energy. Vegetables have lots of vitamins, minerals and nutrients inside them which help you to grow. Eating vegetables can help to keep you well by keeping your immune system (the part of the body that fights illness and infections) healthy.



Did You Know?

Potatoes were the first food to be grown in space!

