

# I. Fruits and Vegetables

name \_\_\_\_\_

## From the Farm to the Grocery Store

Most people don't raise or make all their own food; we buy things at the grocery store. Have you ever gone to the grocery store? What do you like about it?



**Items are arranged in sections in a grocery store.** The different sections of a store have names, indicating the kinds of food or other items you might find there. For example, milk is in the dairy section; soda pop is in the beverage section. In what section would you find the following items?

[sections: **meat, bakery, dairy, deli, produce, frozen food**]

- chicken
- pies
- Popsicles
- bread
- tomatoes
- bananas
- submarine sandwiches

The **PRODUCE** section is the part of the grocery store where there are lots of fresh fruits and vegetables. Why do you think it is called "produce"?

**Produce items** are agricultural products, as are staples (grain and other things that can be stored for a longer period of time). Produce has a limited shelf-life, and therefore the produce section is one of the busiest parts of a grocery store.

Where do all the different kinds of produce come from?

Are they all grown in our state?

How do they get to the grocery store?

What happens if they are not sold soon enough?

Why is it good for us to include fresh fruits and vegetables in our diets?

Do you know what the recommended daily number of fruits and vegetables to include in your diet is?



2. Fruits and Vegetables – common definitions name\_\_\_\_\_



**What is a fruit? What is a vegetable?** There are different ways of classifying produce. According to the **common definitions** in the table, classify the produce items on the list below. Write the name of each in the correct column.



Fruit: plant product that is usually sweet and juicy (and often eaten raw)	Vegetable: plant product that is usually not sweet, often hard (and often eaten cooked)

- Produce list: apples, asparagus, bananas, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, corn, cucumbers, eggplant, grapes, mushrooms, olives, onions, oranges, papayas, peanuts, pears, peas, peppers, pineapple, potatoes, strawberries, tomatoes, turnips, yuca, zucchini

### 3. Fruits and Vegetables – legal definitions



Because fruits and vegetables have different taxes and import rules, it is important for governments and courts to distinguish the two. According to the **legal definitions** in the table, classify the produce items on the list below. Write the name of each in the correct column.



Fruit: a succulent plant part used chiefly in a dessert or sweet course – not served with the main course of a meal	Vegetable: a usually herbaceous plant grown for an edible part that is usually eaten as part of a meal

Produce list: apples, asparagus, bananas, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, corn, cucumbers, eggplant, grapes, mushrooms, olives, onions, oranges, papayas, peanuts, pears, peas, peppers, pineapple, potatoes, strawberries, tomatoes, turnips, yuca, zucchini

#### 4. Fruits and Vegetables – botanical (scientific) definitions



Considering just what part of a plant we are eating makes defining fruits and vegetables easy – and different from the other classifications!



According to the **botanical definitions** in the table, classify the produce items on the list below. Write the name of each in the correct column.

Fruit: results from a pollinated flower and usually contains seeds	Vegetable: comes from a vegetative (non-flower) part of a plant

Produce list: apples, asparagus, bananas, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, corn, cucumbers, eggplant, grapes, mushrooms, olives, onions, oranges, papayas, peanuts, pears, peas, peppers, pineapple, potatoes, strawberries, tomatoes, turnips, yuca, zucchini