

Terry Tomato's Edible Plant Parts



Hi! I'm Terry Tomato, and I love gardening. Gardening is a fun way to learn more about plants, especially fruits and vegetables. Did you know that when you eat fruits and vegetables you're eating edible plant parts like flowers, roots, and seeds? Have fun working on this activity sheet and finding out which plant parts you love to eat!

1. List your three favorite fruits and your three favorite vegetables in the spaces below.

My three favorite fruits are:

1. _____
2. _____
3. _____

My three favorite vegetables are:

1. _____
2. _____
3. _____

2. Now see if you can find your favorite fruits and vegetables in the lists below. When you find them, circle them.

FRUITS

Apples
Apricots
Avocados
Bananas
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Dates
Eggplant
Figs
Grapes
Kiwi fruit
Kumquats
Lemons
Mangos
Oranges
Papayas

More FRUITS

Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Pumpkin
Raspberries
Strawberries
Squash
Tangelos
Tangerines
Tomatoes
Watermelon

LEAVES

Basil
Brussels sprouts
Beetgreens
Cabbage
Chard
Cilantro
Endive
Kale
Lettuce
Mustard greens
Onions
Parsley
Spinach
Turnip greens
Watercress

ROOTS

Beets
Carrots
Parsnips
Radishes
Rutabagas
Sweet potatoes
Turnips

SEEDS

Black beans
Corn
Lima beans
Kidney beans
Peas
Pumpkin seeds
Sunflower seeds

SEED PODS

Chili peppers
Green beans
Okra
Snap pea pods
Snow pea pods
Wax beans

STEMS

Asparagus
Celery
Leeks
Green onions
Rhubarb

TUBERS

Potatoes
Yams

FLOWERS

Artichokes
Broccoli
Cauliflower



3. Are you surprised to learn how many different plant parts you like to eat? Which do you like best — flowers, fruits, leaves, roots, seeds, seed pods, stems or tubers? _____