

Name: _____

Hour: _____

Fruits vs Vegetables

Fruits : is any seed bearing structure of a plant, if it contains the seeds (or offspring) it is technically considered a fruit

Vegetables : any edible part of a plant that does NOT include the seed

- Roots (carrots)
- Leaves (cabbage)
- Tubers (radishes)
- Flowers, stalk, branches, etc.

Our grocery stores tend to over simplify our produce. They tend to call anything sweet a "fruit", and savory or high starch items "vegetables"