



# VERY VEGGIE

(AND FRUIT)

## FAMILY ACTIVITY GUIDE

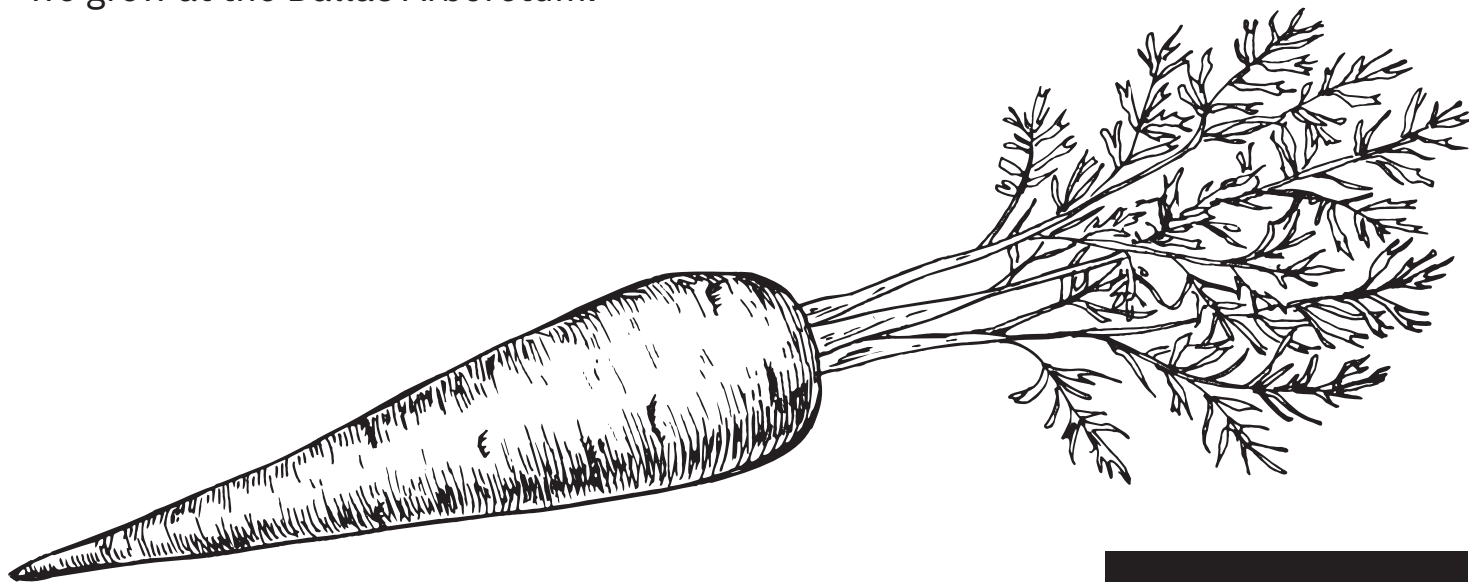


DALLAS ARBORETUM  
AND BOTANICAL GARDEN

# KIDS

Have you ever considered the plants we eat each day? Did you realize we eat different parts of plants? Did you know anything with a seed is actually a fruit? I'm talking to you, tomato and avocado!

Explore this activity guide with your family as you uncover cool facts about plants we grow at the Dallas Arboretum.



# PARENTS

Sometimes you just need an adult coloring book, right?  
(We're not kidding, print yourself a copy, too!)

Once your child or grandchild explores the edible plant parts in this guide, we invite you to sort the fruits and vegetables that fill the pages in a different way!  
By the way it's a key skill in science class, too!

Here are a few options to get you started:

SEASON

COLOR

LIKE/DISLIKE

TASTED

NATIVE RANGE

HOW IT IS

FLAVOR PROFILE  
(SWEET, SALTY,  
SOUR, BITTER)

FAMILY  
(TAXONOMY)

# EDIBLE PLANT PARTS

We eat more than just the fruits that plants produce!  
Can you label the 5 plant parts that most people eat every day?

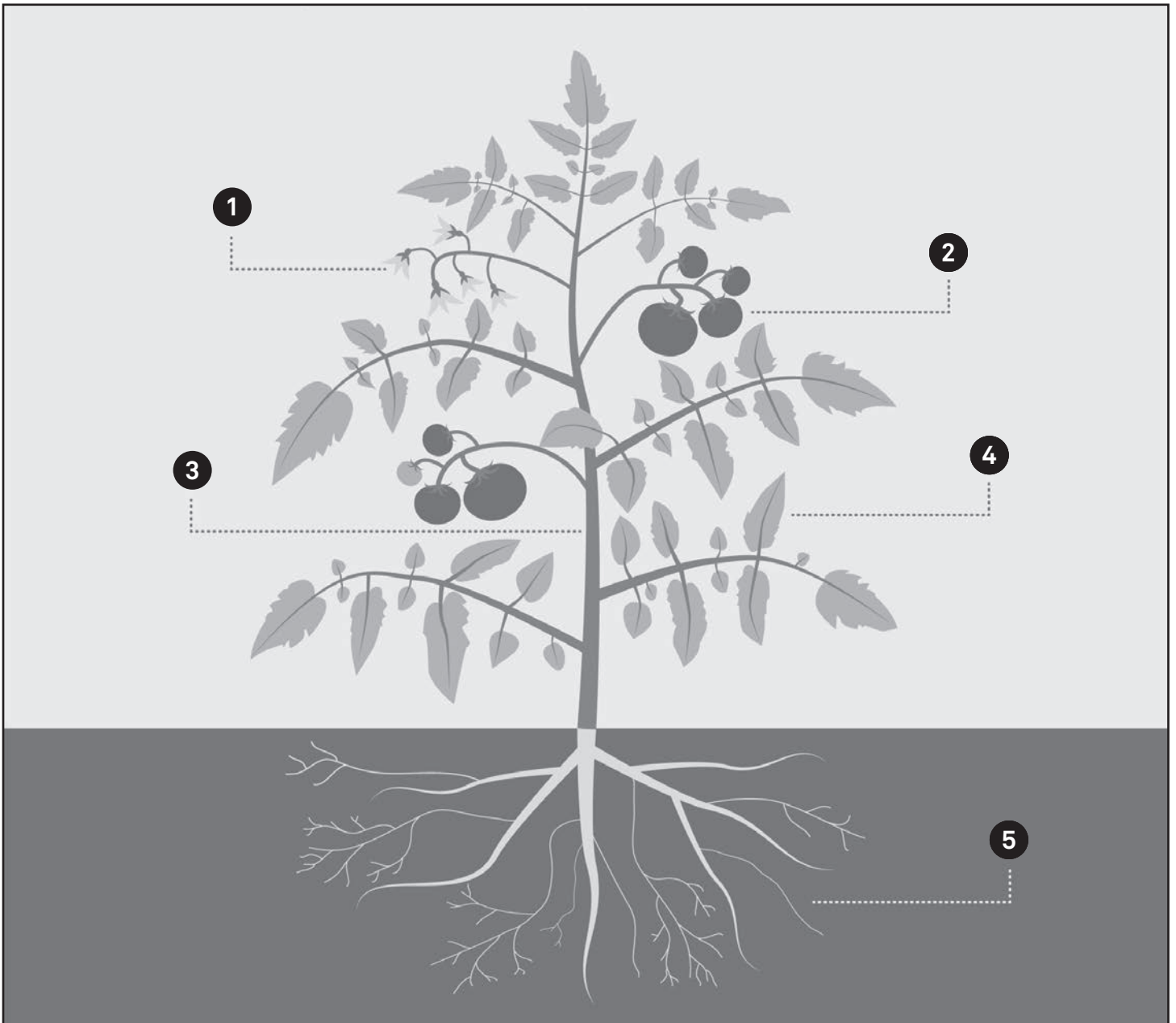
FRUIT

FLOWER

STEM

LEAF

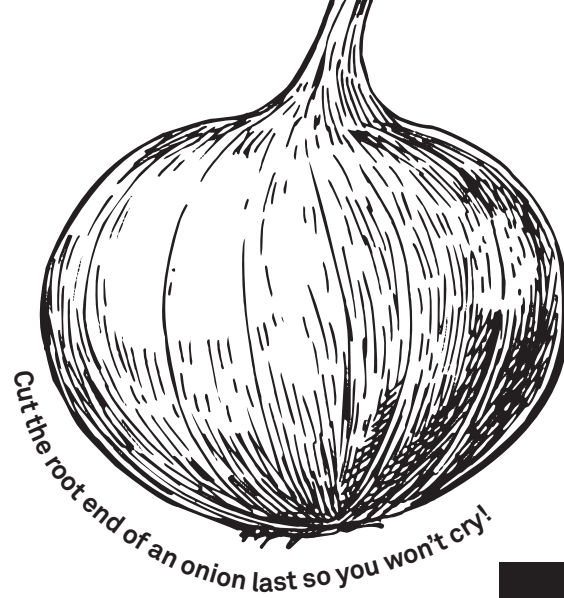
ROOTS



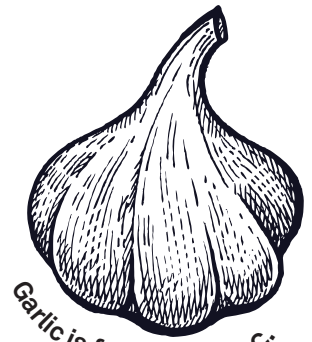
Answers: 1 flower 2 fruit 3 stem 4 leaf 5 roots



Most roots keep a plant upright in the ground. They also take in water and nutrients for the plant.

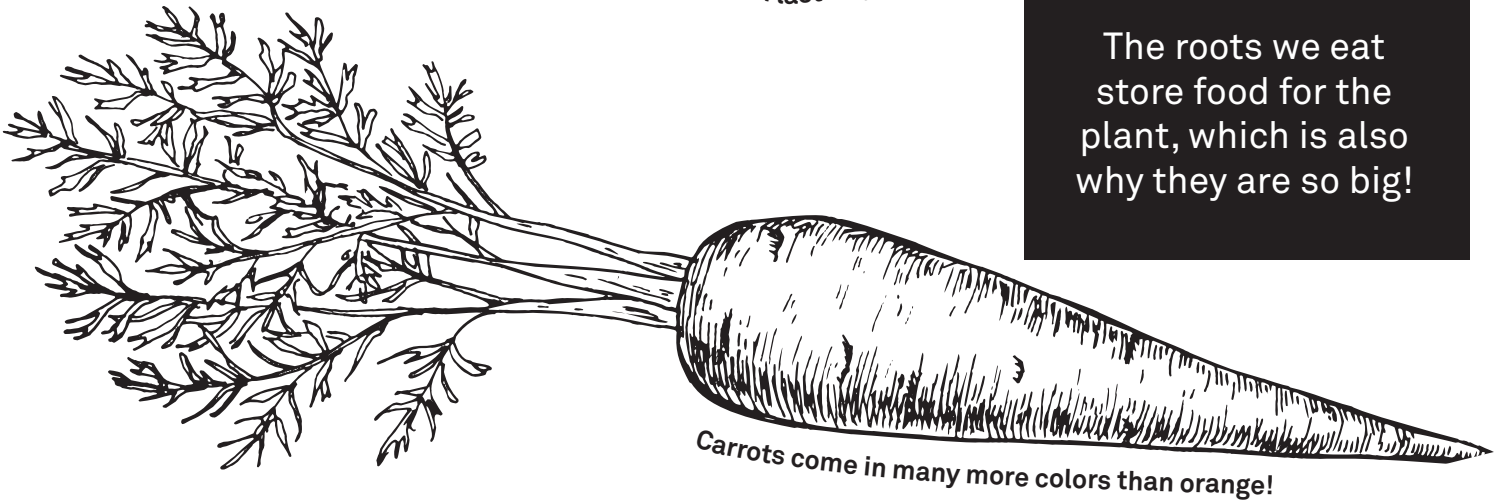


Cut the root end of an onion last so you won't cry!



Garlic is full of vitamin C.

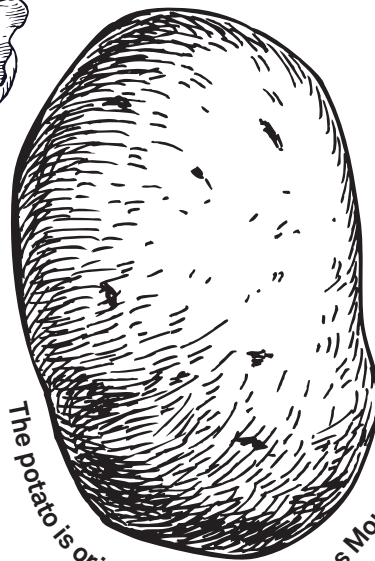
The roots we eat store food for the plant, which is also why they are so big!



Carrots come in many more colors than orange!



Turnips are a little spicy when eaten raw.



The potato is originally from the Andes Mountains.

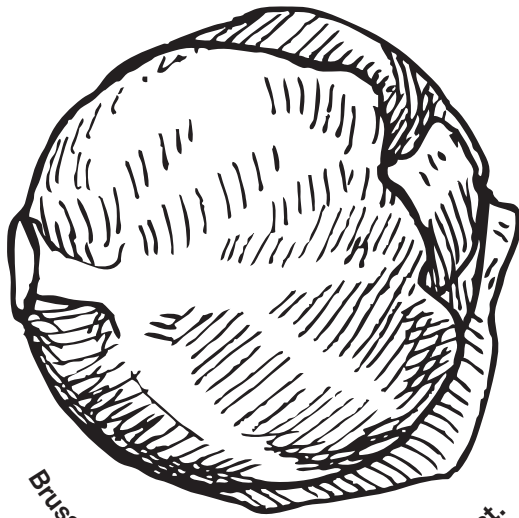


Grow radishes all winter long in Dallas!

# ROOTS

# STEMS

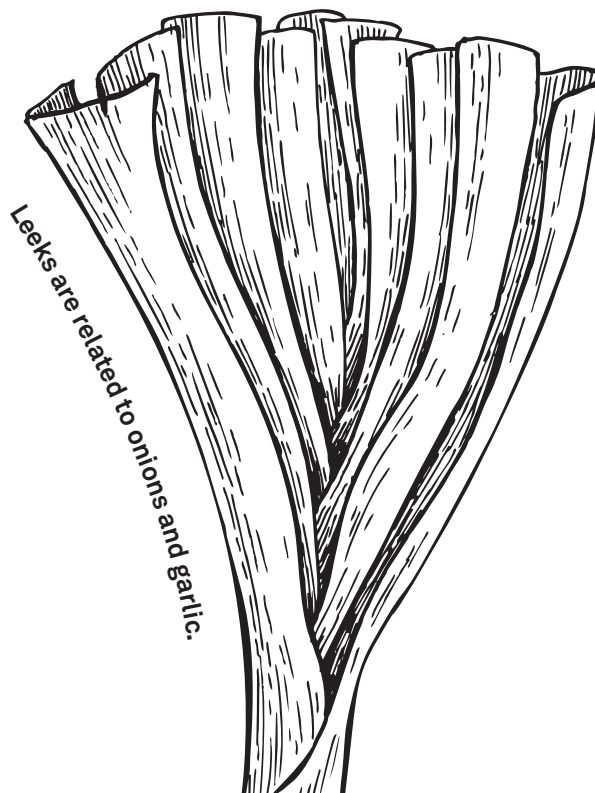
Stems support the leaves of the plant. They also move water and minerals to the leaves.



Brussels sprouts taste sweeter after a frost.



Many people in Europe are allergic to celery.



Leeks are related to onions and garlic.



Fennel seeds are the spicy flavor in pizza sauce!



# LEAF

Plant leaves produce energy for the plant using photosynthesis.



Spinach is packed with vitamins!

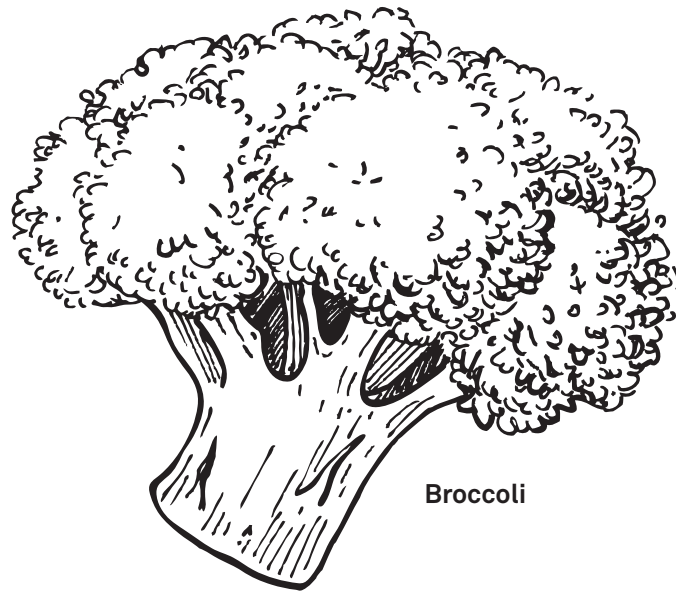


Some lettuce grows tightly wrapped like a ball, but others are loose and open.

Cabbage is closely related to broccoli, Brussels sprouts and cauliflower.

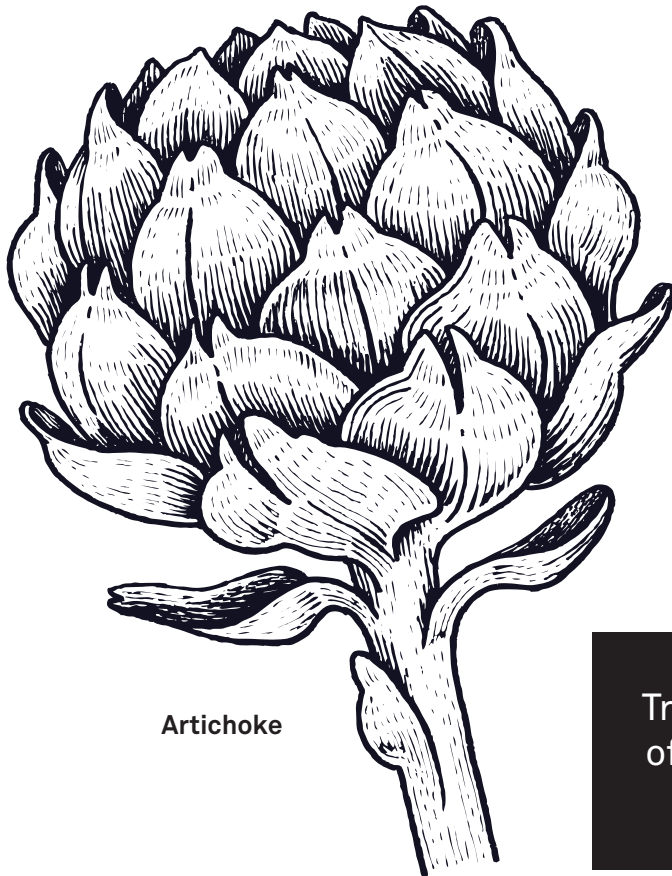


The flower's job is to help the plant reproduce. It attracts pollinators with a variety of colors, patterns and smells!



Broccoli

We can eat many other flowers, too! Some tasty ones include nasturtium, pansies and roses.



Artichoke

Try growing one of these plants this winter!

Broccoli, cauliflower and artichoke will form flower petals if you let them grow longer than most farmers do.



Cauliflower

**FLOWER**

# FRUIT

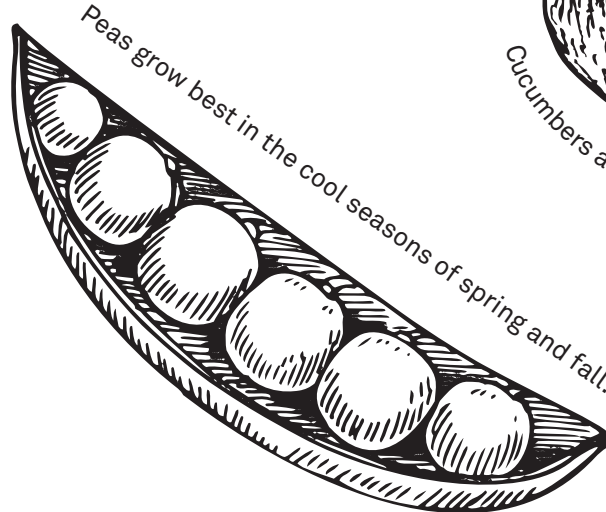


Chile peppers add spicy flavor to Mexican, Thai, Chinese and Indian foods – just to name a few!

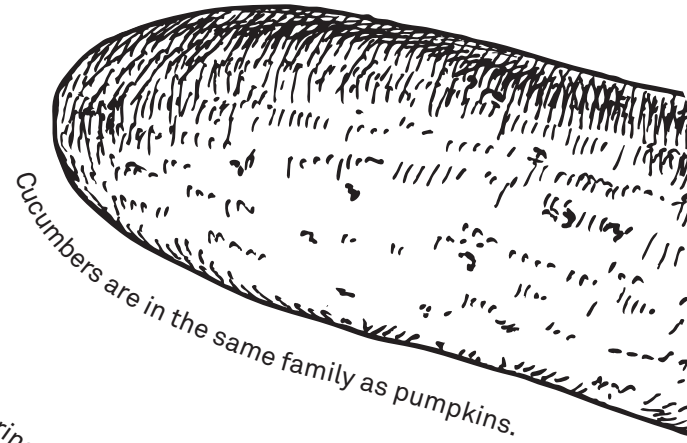


Tomatoes can be yellow, pink, purple, black and even white, too.

The fruit is the part of the plant that protects and produces the seed.



Peas grow best in the cool seasons of spring and fall.



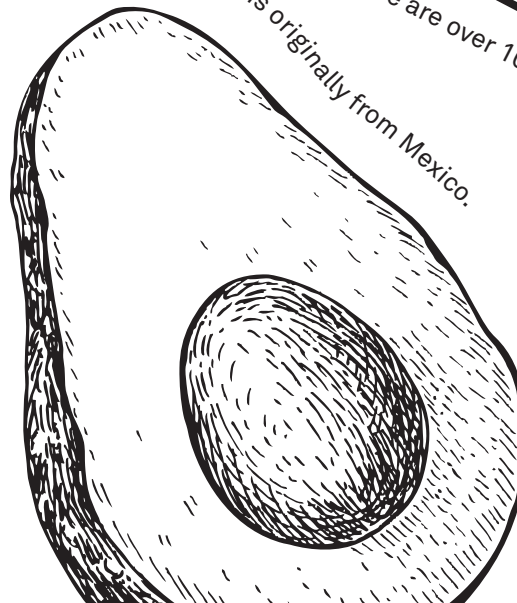
Cucumbers are in the same family as pumpkins.



Cucumbers grow on a vine



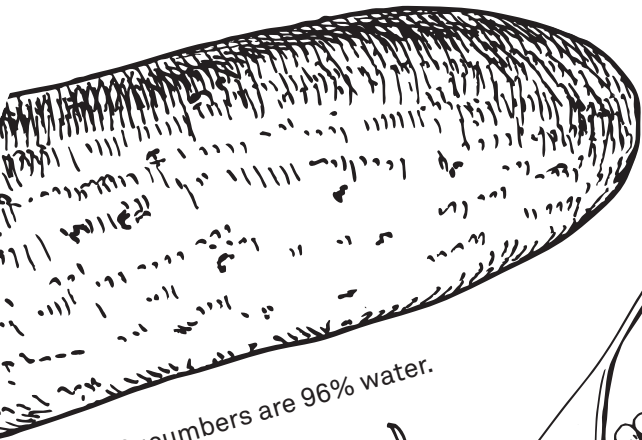
There are over 10,000 kinds of tomatoes.



The avocado is originally from Mexico.



Many plants that we  
call a vegetable are  
actually a fruit.

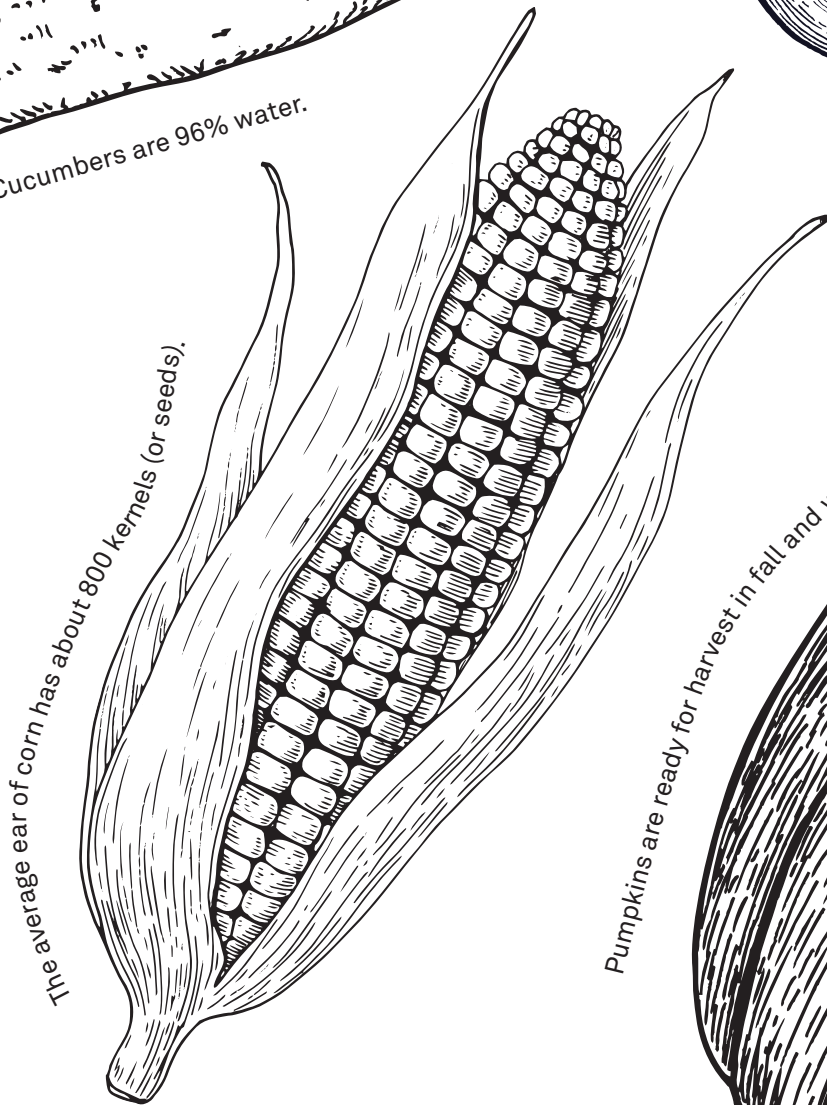


Cucumbers are 96% water.



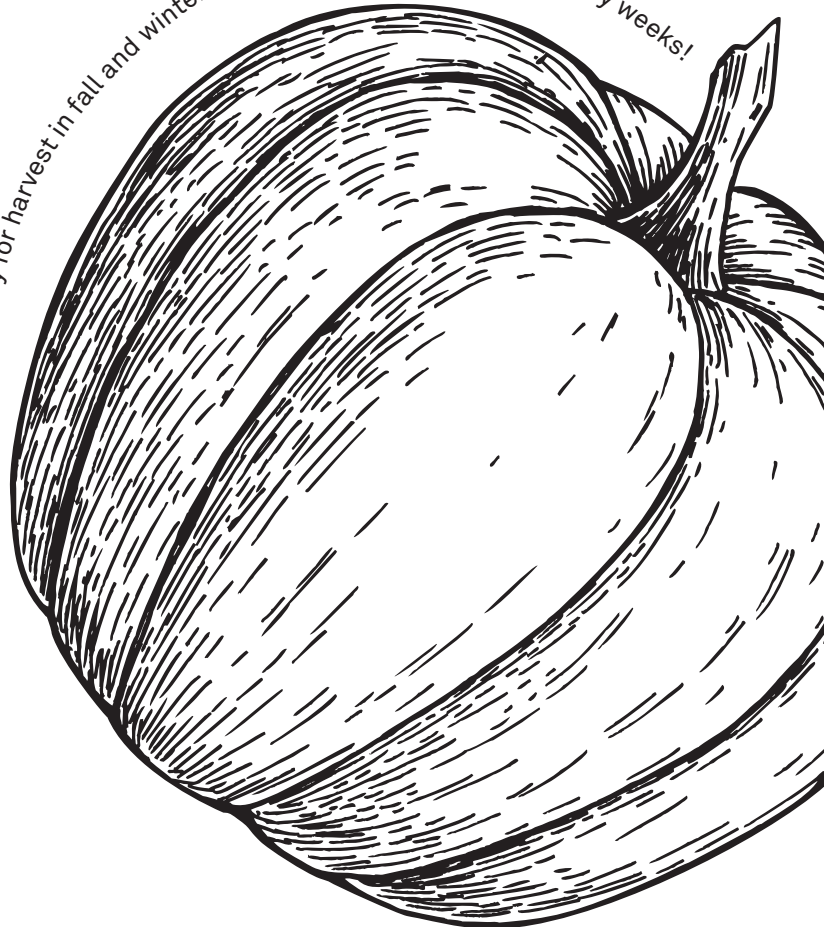
Like the tomato, people once  
thought eggplant was poisonous.

A vegetable is any plant part  
that doesn't hold the seed.



The average ear of corn has about 800 kernels (or seeds).

Pumpkins are ready for harvest in fall and winter. They can often be stored for many weeks!



**FRUIT**