

# Plants We Eat





# Plants We Eat: Fruit

Many plants have fruit to carry and spread their seeds.  
Some of the food we think of as vegetables are actually fruits.

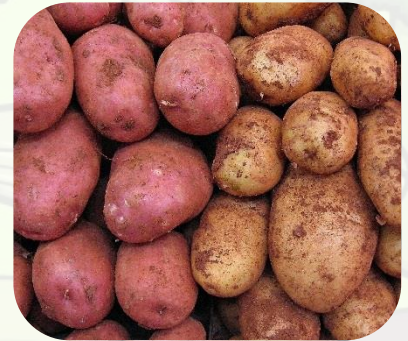


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# Plants We Eat: Vegetables

Vegetables come from all different parts of plants.



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# Plants We Eat: Root Vegetables



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# Plants We Eat: Leaf Vegetables



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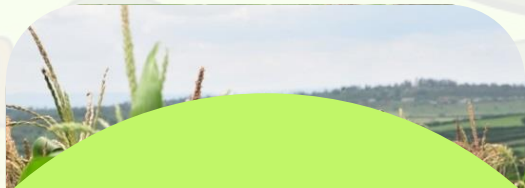
# Plants We Eat: Flower Vegetables



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# Plants We Eat: Grains and Cereals



These foods are the seeds of grassy plants.

Grains are very important foods around the world.



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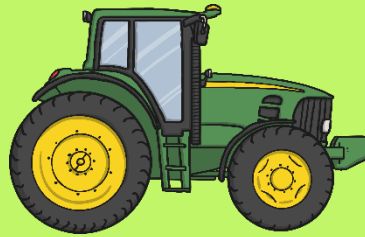


# From Farm to Fork



Most of the plants that we eat are grown by farmers.

Farmers grow plants for food. They call the plants crops.



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# From Farm to Fork



The farmers sell the food to supermarkets and other shops.



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# From Farm to Fork



We buy the food,  
take it home and eat it!



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