



Key Knowledge



- Some fruits need to be peeled before being eaten.
- Some foods typically known as vegetables are actually fruits (e.g. cucumber).
- A fruit has seeds and a vegetable does not.
- Fruits grow on trees or vines.
- Vegetables can grow either above or below ground.
- Vegetables can come from different parts of the plant.
- Herbert Gray is credited with the creation of the fruit cocktail in 1930. It was packaged in a can to be fresh for longer and transportable so more people could taste it.

Key Vocabulary

fruit	The sweet and fleshy part of a plant that contains seeds (and is edible)	flavour	The taste of a food or drink
vegetable	Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds.	peel	The tough skin around certain fruits and vegetables, such as an orange
healthy	When everything in your body and head feels good.	slice	To cut pieces off something with a knife