

# KIDS ON NUTRITION WHERE DOES IT COME FROM?

Fruits and vegetables come in all shapes and sizes. It is not surprising that they all grow in different places, some on trees, some on plants, some on vines, and others in the ground!

#### What makes a fruit?

Fruits are generally sweet and have seeds on the inside.

#### What makes a vegetable?

Vegetables are edible parts of plants (leaves, roots, stems, etc.), but are generally not sweet like fruit.

#### Where do they grow?

Fruits and vegetables can grow in many different places. Check the list below to find out where your favorite fruits and vegetables come from!



**Tree**  
Apple  
Apricot  
Avocado  
Banana  
Grapefruit  
Orange



**Leaf**  
Cabbage  
Greens  
Lettuce  
Spinach



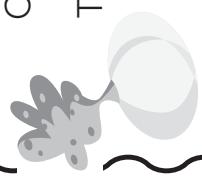
**Root**  
Carrot  
Potato  
Radish  
Sweet Potato



**Vine**  
Cantaloupe  
Grapes  
Kiwi  
Squash  
Watermelon



**Plant**  
Artichoke  
Bell Pepper  
Brussels Sprouts  
Pineapple  
Strawberry  
Tomato



**Stalk**  
Asparagus  
Broccoli  
Rhubarb  
Celery

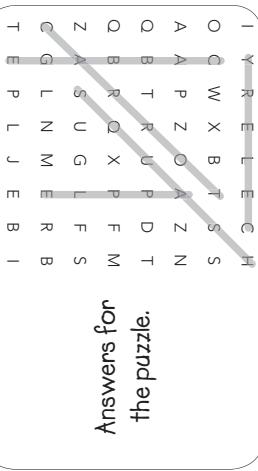
Now that you know where to find fruits and vegetables, try and find them in the word search below!

CARROT | CABBAGE | APPLE | SQUASH | CELERY



I Y R E L E C H  
O C W X B T S S  
A A P Z O A Z N  
Q B T R U P D T  
Q B R Q X P F M

Z A S U G L F S  
C G L N M E R B  
T E P L J E B I



Answers for the puzzle.

Resources:  
<http://lancaster.unilever.net/fruityeggs.shtml>  
<http://homeschoolingabout.com/odffreeprintables/s/vegetableprint.htm>  
<http://homeschoolingabout.com/odffreeprintables/s/vegetableprint.htm>