

Vegetables & Fruits

WE EAT DIFFERENT PARTS OF PLANTS

1. Draw a line connecting the word with the matching plant part.

Seed

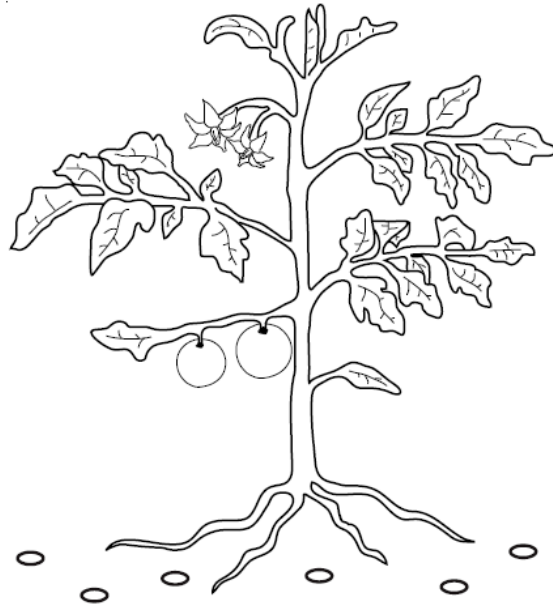
Stem

Root

Leaf

Flower

Fruit



2. List the part of the plant where we find these foods.

Foods we eat that are: <input type="text"/>	Foods we eat that are: <input type="text"/>	Foods we eat that are: <input type="text"/>	Foods we eat that are: <input type="text"/>
beet carrot horseradish parsnip radish rutabaga sweet potato turnip	brussel sprouts cabbage chard collards endive kale lettuce luau leaves marungay mustard greens parsley spinach turnip greens watercress wonbok	black beans butter beans corn dry split peas kidney beans lima beans peanuts peas pinto beans pumpkin seeds rice sunflower seeds	apple avocado banana cucumber dates eggplant grapefruit kiwifruit lychee mango melon orange papaya peach pineapple pomegranate strawberry tangerine tomato
Foods we eat that are: <input type="text"/>		Foods we eat that are: <input type="text"/>	
asparagus celery onion (bulb) potato (tuber) rhubarb taro (corm)		Foods we eat that are: <input type="text"/> broccoli cauliflower	

Vegetables & Fruits

VEGETABLES

Vegetables give us vitamins, minerals, and fiber. Most foods in the vegetable group are low in fat and calories.

Vegetables add nutrients, flavor, and color to our diets.



Fresh vegetables lose vitamins when they are stored. The longer they are stored, the more vitamins they lose. Try to buy fresh vegetables in season and only in the amount your family will eat within one week.

Use the fresh vegetables first, then use canned or frozen ones. Include dark green and deep yellow-orange vegetables in your family's meals.

TRY THESE TIPS!

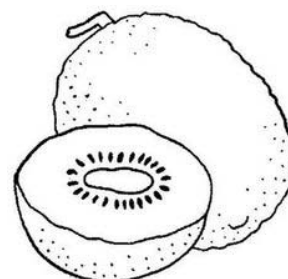
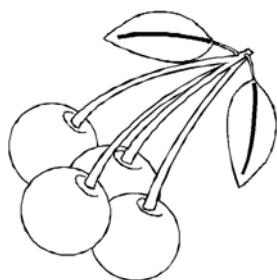
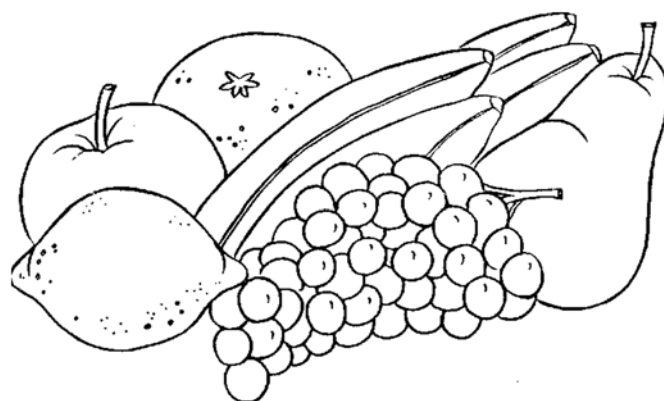
- Wash and drain vegetables when ready to use.
- Cut vegetables just before cooking or serving.
- Avoid soaking cut vegetables in water.
- Discard damaged and decayed leaves in order to prevent further spoilage.
- Store vegetables that will wilt or spoil easily in waterproof bags.
- Look for the lowest priced canned and frozen vegetables.
- Do not buy or use canned vegetables if the can is dented on the seam or rim, bulging or rusted.
- After opening canned vegetables, store the leftovers in a clean container in the fridge.



Vegetables & Fruits

FRUITS

Most fruits are low in fat and high in carbohydrates and are naturally sweet. Fruits add nutrients, flavor, and color to meals. They make great snacks and desserts. Unpeeled fruits, dried fruits like prunes, and berries are high in fiber. Fiber helps prevent constipation and might help prevent some cancers.



TRY THESE TIPS!

- Fruits canned in water, juice, or light syrup have less sugar than fruits canned in heavy syrup. Fruits packed in their own juice or water have no added sugar. Look for fruits “in their own juice” or “light syrup” that are a better buy or the same price as other canned fruit.
- Buy fresh fruits when in season and store fruit in the refrigerator after it ripens.
- Store canned and dried fruit in a cool, dry place.
- Fruit drinks and fruit blend cocktails are not 100% fruit juice. Check the label. These have sugar and water added.

Vegetables & Fruits

Protective Foods

FRUITS	BEST TIME TO BUY
AV_C_DO	Peak NOVEMBER-FEBRUARY
BA_A_A	Peak JUNE-OCTOBER
CA_TA_OUPE	Peak JUNE-AUGUST
H_N_YD_W	Peak JUNE-SEPTEMBER
LY_H_E	Peak MAY-SEPTEMBER
M_N_O	Peak MARCH-NOVEMBER
ORA_GE	Peak SEPTEMBER-APRIL
P_P_YA	Peak MARCH-NOVEMBER
P_N_A__LE	Peak APRIL-SEPTEMBER
ST_A_B_RR_ES	Peak JANUARY-APRIL
T_NG_R_N_	Peak NOVEMBER-JANUARY
W_T_R__L_N	Peak JUNE-SEPTEMBER

VEGETABLES	BEST TIME TO BUY	PREPARATION
B_A_S, green or wax	Peak APRIL-AUGUST	Sauté, stir fry, microwave, steam, boil
C__B_GE (head)	Peak FEBRUARY-JUNE	Raw, sauté, stir fry, microwave, steam, boil
C_L_RY	Peak APRIL-AUGUST	Raw, sauté, stir fry, steam boil
C_RN (sweet)	Peak FEBRUARY-JUNE Peak NOVEMBER-DECEMBER	Microwave, boil, steam
EG_P_AN_	Peak MARCH-JUNE	Sauté, stir fry, microwave, bake, broil
MU_HR_OM	Peak year round	Raw, sauté, stir fry, steam, broil
ON_O_ (round)	Peak APRIL-AUGUST	Raw, sauté, stir fry, steam, boil
P_T_TO (sweet)	Peak FEBRUARY-JUNE	Steam, bake, microwave, boil
T_M_TO	Peak MAY-SEPTEMBER	Raw, sauté, stir fry

Vegetables and Fruits: Eat More for Better Health

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