



Fruit and vegetables

Curriculum links:

- **Science** Living things
Environmental awareness and care
- **Geography** Human environments
- **SPHE** Myself and the wider world

Lesson objectives:

To revise material covered in previous modules and introduce students to the different classifications of fruit and vegetables.

Teacher guidelines

It is suggested that teachers ensure that students are familiar with the vocabulary and concepts introduced in the previous modules before starting this lesson.

Keywords and concepts introduced in previous modules:

healthy fruit vegetables apple stalk seeds core
potato root crisps chips waffles

We should eat at least five portions of fruit and vegetables each day, as they are healthy foods. Fruits grow on trees and bushes and are generally sweeter than vegetables. We grow apples, strawberries and other berries in Ireland. Apples can be used in baking, to drink as juice or in sauces. A vegetable is part of a plant that we eat. The most popular crops grown in Ireland are potatoes and mushrooms. Crisps, chips and waffles are also made from potatoes.

After revision of the above, teachers could discuss the more detailed information below.

Keywords for this lesson:

stems leaves climate greenhouses pip citrus rind exotic bulb roots flowers

Did you know?

Nuts are fruits too! Nuts are strictly a particular kind of dry fruit that has a single seed, a hard shell and a protective husk! Most edible nuts, like chestnuts and hazelnuts, grow on trees (tree nuts), are found within fruits that grow on trees i.e. almonds and cashew (seeds) while, peanuts grow in pods that mature underground and are classified as a legume like lentils and peas.

Climate

The **climate** of a country plays a very important role in determining the type of fruit and vegetables that can be grown there, e.g. oranges cannot be grown in Ireland as they need a lot of sunshine. The use of plastic tunnels and **greenhouses** to control the temperature, makes it possible to grow many different fruit and vegetables in most countries.

Types of fruit:

Fruit is the sweet and fleshy part of a tree/plant that forms from a flower and contains seeds.

Pip fruits: The **pips** inside these fruits are the seeds. They are stored inside the core e.g. apples, grapes, pears.

Berries: These are grown on plants or bushes e.g. strawberries, raspberries, gooseberries.

Citrus fruits: **Citrus** fruits are juicy and have a thick **rind** e.g. oranges, grapefruits, lemons, limes, mandarins.



Stone fruits: Stone fruits have a large seed inside called a stone e.g. cherries, peaches, apricots.

Exotic fruits: Exotic fruits are only grown in certain parts of the world e.g. kiwis in New Zealand and bananas, dragon fruit and pineapple in countries in Asia, Africa and South America.

Types of vegetables:

Vegetables are the edible part of a plant. These include the **stems** (celery), **leaves** (lettuce), **roots** (carrot), **tubers** (potato), **bulbs** (onion) and **flowers** (broccoli). The use of greenhouses means that almost all vegetables can be grown in Ireland.

Stem vegetables – stem vegetables refer to the above-the-ground stems, shoots or stalks such as celery, asparagus, rhubarb and Swiss-chard

Leafy vegetables – can be eaten raw or cooked; e.g. cabbage, kale, lettuce and spinach

Root vegetables – are plant roots that we eat, including, carrots, parsnips, turnips, leek, celery, beetroot and sugar beet

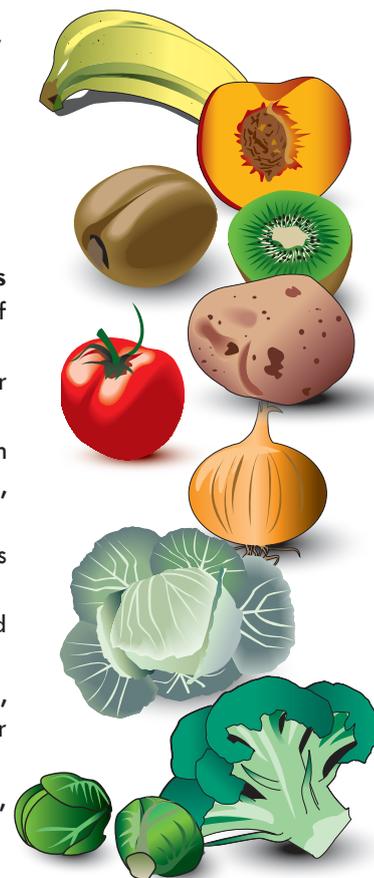
Tuber vegetables – are enlarged sections of the stem or root structure that store nutrients and water. These include potatoes and sweet potatoes

Bulb vegetables – included plants of which the bulbs are used as food, e.g. garlic and onion

Fruit vegetables – are non-sweet fruit containing seeds, e.g. tomatoes, cucumbers, courgettes, watermelons, peppers, pumpkins and squash. Like true fruits, they store their seeds inside and are mainly made up of water

Flower vegetables – are plants of which the flowers are used as food, e.g. artichoke, broccoli, cauliflower and courgettes flower

Buds – are the edible flower buds of a plant e.g. Brussels sprouts and caper



Suggested activities:

- Photocopy activity sheet, page 48
- Make a rainbow fruit salad in class. Discuss the different fruits and why we eat them
- Bring in a selection of different vegetables. Put them in a sack and ask students to choose one at random. Ask each student to discuss their vegetable and what part of the plant it is from
- Pips are seeds. Plant a variety of pips e.g. apple pips, orange pips etc. See which sprout and which don't discussing the role of germination and the connection between the pip-seed, the tree and the fruit
- Research which countries citrus fruits and exotic fruits grow. Illustrate these countries on a world map and discuss why they can't be grown in Ireland
- Ask students to collect various seeds of different fruits – compare and contrast them by size and ask the class to match the seed to the fruit
- Ask each student to list their top-five favourite fruit and vegetables. Illustrate the results on a bar chart showing the highest and lowest scoring fruit and vegetables and discuss the reasons why
- Discuss the interrelationship between people, animals and plants and the ways in which we rely on farming to provide us with food (See 'The Irish farmer', page 2)
- For extension material, see Module 4

Learning outcomes:

At the end of this lesson, students should be aware of the different classifications of fruit and vegetables and that the type of fruit and vegetables grown in a country depends on the climate.

Additional resources:

- www.agriaware.ie
- www.incredibleedibles.ie
- www.potato.ie
- www.bestinseason.ie



Fruit and vegetables

Name: _____

Date: _____

1

Use the words below to fill in the blanks:

citrus, apples, greenhouses, strawberries, climate, sunshine

The _____ of a country decides the type of fruit and vegetables that can be grown. _____ fruits like oranges, grapefruits and lemons cannot be grown in Ireland as they need a lot of _____. Although Ireland does not have much sunshine, we can grow a lot of fruit and vegetables in _____ where the temperature can be controlled. The three main fruits grown in Ireland are _____, _____ and other berries.

2

Use the words below to describe the type of vegetables:

root, fruit, leafy, flower, bulb

Tip: Remember vegetables are described by the part we eat!



Broccoli



Onion



Tomato



Carrot



Cabbage

3

We should all eat at least five portions of fruit and vegetables each day. Write down any fruit or vegetables that you ate yesterday:

*To be used with teacher guidelines, page 16