

Fruits	Food Fact	Nutrition
Apple	Food fact...fresh apples float because 25% of their volume is air.	High source of dietary fiber
Avocado	Food fact...Brazilians add avocados to ice cream.	High in monounsaturated (heart healthy) fat
Banana	Food fact...bananas are the leading fresh fruit eaten in the United States.	Good source of vitamin C Good source of potassium Good source of dietary fiber
Butternut Squash	Food fact...a squash is a member of the gourd family. A dried squash, or gourd, can be used as a drinking vessel or storage jar and can last indefinitely.	Good source of vitamin C High in vitamin A
Cantaloupe	Food fact...cantaloupes are named for the papal gardens of Cantaloupe, Italy, where some historians believe this fruit was first grown.	High in vitamin C High in vitamin A Good source of folate (vitamin B9)
Cherry	Food fact...it takes about 250 cherries to make a cherry pie.	Good source of vitamin C Good source of potassium
Corn	Food fact...there is one piece of silk for each kernel on an ear of corn.	Good source of vitamin C High in dietary fiber
Cucumber	Food fact...a cucumber's high water content causes the inside of a cucumber to measure up to 20 degrees cooler than the outside temperature. When a person is calm, we say they are "as cool as a cucumber."	Good source of vitamin C Excellent source of vitamin K (bone health)
Eggplant	Food fact...early Europeans believed eggplants caused insanity and called them "mad apples."	Good source of dietary fiber
Grape	Food fact...a dried grape is a raisin.	Good source of vitamin C Excellent source of vitamin K (bone health)
Kiwi	Food fact...kiwi can be used as a meat tenderizer.	High in vitamin C Good source of potassium Good source of vitamin E Good source of fiber
Lemon	Food fact...lemon trees bloom and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons each year.	High in vitamin C
Olive	Food fact...olive oil is the oil obtained solely from the fruit of the olive tree.	High in monounsaturated (heart healthy) fat
Orange	Food fact...the proper name for an orange seed is a "pip."	High in vitamin C Good source of dietary fiber
Peach	Food fact...the peach is a member of the rose family.	Good source of vitamin C
Peas	Food fact...peas originated about 10,000 years ago in the Middle East.	High in vitamin C High in vitamin A Good source of iron Good source of fiber
Pepper	Food fact...some peppers start out green and ripen to bright reds, yellows, oranges, and purples.	High in vitamin C
Pineapple	Food fact...images of pineapples can be found carved in pre-Incan ruins in Central and South America, where this fruit originated.	High in vitamin C
Pumpkin	Food fact...pumpkins were once recommended for removing freckles and curing snakebites.	Good source of vitamin C Excellent source of vitamin A
Strawberry	Food fact...there are an average of 200 tiny seeds on every strawberry.	High in vitamin C High in folate (vitamin B9)
Tomato	Food fact...until the nineteenth century, tomatoes were mistakenly thought to be poisonous.	High in vitamin A High in vitamin C Good source of potassium
Watermelon	Food fact...the largest watermelon on record to date weighed 350 pounds.	High in vitamin C High in vitamin A

For additional activities and lesson plans associated with the Fruit and Vegetable cards visit the National Agricultural Literacy Curriculum Matrix.

Vegetables	Food Fact	Nutrition
Artichoke	Food fact...artichokes are unopened flower buds.	Good source of vitamin C Good source of folate (vitamin B9) Good source of magnesium Good source of dietary fiber
Asparagus	Food fact...under ideal conditions, an asparagus spear can grow 10" in a 24-hour period.	Good source of vitamin C High in folate (vitamin B9) Good source of vitamin A
Beet	Food fact...leafy beet greens are edible and are more nutritious than the beet itself.	Excellent source of folate (vitamin B9)
Broccoli	Food fact...Broccoli's name comes from the Italian word <i>brocco</i> , which means arm or branch.	High in vitamin C High in folate (vitamin B9) Good source of dietary fiber Good source of potassium
Cabbage	Food fact...more than 400 varieties of cabbage are enjoyed worldwide.	High in vitamin C Good source of folate (vitamin B9)
Carrot	Food fact...baby carrots were once longer carrots that have been peeled, trimmed in length, and packaged.	Excellent source of vitamin A Good source of vitamin C
Cauliflower	Food fact...not all cauliflower is white; purple and orange cauliflower is also available in some supermarkets.	High in vitamin C Good source of folate (vitamin B9)
Celery	Food fact...the wild form of celery was used in ancient times as a medicine.	Good source of vitamin C Good source of vitamin A
Garlic	Food fact...garlic was once used to treat acne, warts, and headaches.	High in vitamin C Good source of iron High in calcium Good source of fiber
Green Onion	Food fact...humans have been cultivating these onions since 3500 B.C.	Good source of vitamin C Good source of vitamin A
Mint	Food fact...early Romans believed mint would increase intelligence.	Good source of vitamin A Aids the digestion of food
Onion	Food fact ...because Egyptians believed onions had strength-producing powers, onions were fed to laborers who built the pyramids.	High in vitamin C Good source of dietary fiber
Potato	Food fact...the average American eats over 100 pounds of potatoes each year.	High in vitamin C Good source of potassium
Radish	Food fact...radishes can be red, pink, white, or black, and some varieties can grow very large—up to 100 pounds.	High in vitamin C

What is a Fruit? What is a Vegetable?

Activity Procedure:

1. Shuffle the Fruit and Vegetable Cards and distribute them to students.
2. Ask students to look at their cards and determine whether the food is a fruit or a vegetable. Instruct students with fruits to go to one side of the room and students with vegetables to go to the other side of the room.
3. Hold up each bulletin board at the front of the room. Ask a student to read the requirements for "What is a Fruit?" Give students a moment to review the requirements and decide whether they need to switch their positions.
4. Ask a student to read the requirements for "What is a Vegetable?" Give students a moment to review the requirements and decide whether they need to switch their positions.
5. Check the accuracy of the students' decisions. If a student incorrectly identified a food, review the requirements and allow them to change positions.
6. Discuss with students the way we classify foods in both scientific, botanical terms and cultural terms. (In our culture, we tend to classify fruits and vegetables by taste: non-sweet = vegetables, sweet = fruits. To botanists, a fruit is the part of the plant that develops from the flower and contains seeds.)

