

## Vocabulary

**cut** To use a knife to make something smaller.

**fruit** The part of a plant that has the seeds in.

**ingredients** The foods needed to make a recipe.

**juice** To get the juice out of a fruit or vegetable.

**juicer** Something used to get juice from a fruit.

**leaf** The flat green part of a plant that grows from a branch or stem.

**root** Part of a plant that takes water and other things from the soil.

**seed** New plants grow from it.

**stem** The long, thin part of a plant that holds it up.

**table knife** A tool used for cutting.

**vegetable** Any part of a plant that you can eat.



## Key facts

### fruits



strawberries



grapes



bananas

### vegetables



potatoes



spinach



carrots



Fruits and vegetables are an important part of a balanced diet.