



# Matching & Sorting



To determine if a food is a fruit or vegetable, use the following rule: Fruits grow from blossoms of a plant and contain seeds on the inside. Vegetables are other parts of a plant like the roots of a plant (potato, carrot) or the leaves of the plant (spinach, kale). Many foods, like bell peppers, pumpkins, and tomatoes are actually fruits. And other foods such as corn or peas aren't vegetables at all, but grains and legumes!

## Matching

Draw a line to match the foods below with the fruit or vegetable that is its main, most important ingredient! Did you know that some of your favorite foods are actually fruits and vegetables?



Corn Stalk



Cucumber Plant



Tomato Plant



Potato Plant



Ketchup



French fries & potato chips



Pickles



Movie theater popcorn

## Sorting

Is it a fruit or a vegetable? Mark your answer for each food. Ask a family member if you need help!



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable



Fruit  
 Vegetable

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# Emparejar y clasificar

Para determinar si una comida es una fruta o un vegetal, usa la siguiente regla: las frutas crecen de la flor de una planta y tienen semillas adentro. Los vegetales son las otras partes de una planta, como las raíces (papas, zanahorias) o las hojas (espinaca, col rizada o kale). Muchas comidas, como los pimientos morrones (pimentones), las calabazas y los tomates en realidad son frutas. Otros alimentos, como el maíz y los guisantes no son vegetales, ¡son granos y legumbres!

## Emparejar

Dibuja una línea y empareja las comidas de abajo con la fruta o vegetal que sea su ingrediente principal y más importante. ¿Sabías que algunas de tus comidas favoritas en realidad son frutas y vegetales?



Tallo de maíz



Planta de pepino



Planta de tomate



Potato Plant



Kétchup (salsa de tomate)



Papas fritas



Pepinillo en vinagre



Palomitas

## Clasificar

¿Es una fruta o vegetal? Haz una marca para cada alimento. ¡Pregúntale a alguien en tu familia si necesitas ayuda!



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



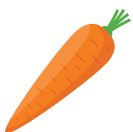
Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal



Fruta  
 Vegetal

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