



Y1 Knowledge Organiser Eat more Fruit and Vegetables



Key Knowledge

Fruit or Vegetable?

A fruit has seeds and comes from a flower
Vegetables are all other plant parts, such as roots, leaves and stems.

Which is which?



Strawberry



Pomegranate



Cucumber



Cauliflower



Potato



Carrot

Key Knowledge

Fruit (We eat the fruit of the plant so they must grow on a fruit or a vine.)

- **Vine**



- **Tree**



Vegetables

- **Above the ground** – we are eat the leaves of the plant, lettuce
- **Above the ground** – we are eat the stem of the plant, celery
- **Underground** – we eat the root of the plant/vegetable, carrot

Vocabulary

- Fruits
- Vegetables
- Seeds
- Edible
- Classifying
- Properties
- Compare
- Smoothies