



Fruits, Vegetables and Seeds

We'll cover the following key points:

- Flowers, Fruits and Vegetables
- Seeds



Hi, I'm EeeBee

Still curious?
Talk to me by
scanning
the QR code.



Learning Outcomes

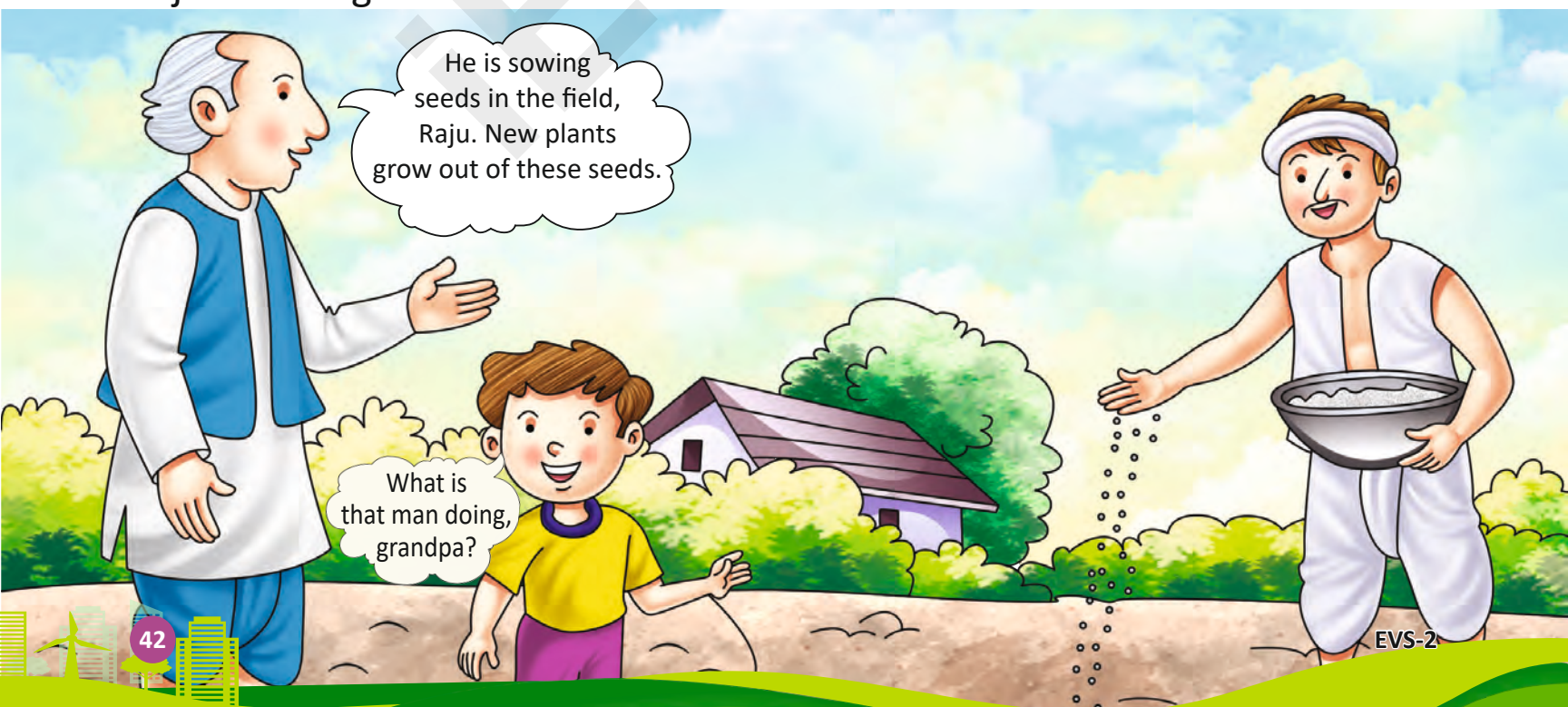
By the end of this chapter, students will be able to:

- Learn that fruits grow on plants and trees.
- Understand that fruits have seeds inside them.
- Know that vegetables grow in the soil and are good for health.
- Learn that some vegetables grow above the ground and some below.
- Understand that seeds help plants grow into new plants.



Let's Start

Raju and his grandfather visit to the field.



He is sowing seeds in the field, Raju. New plants grow out of these seeds.

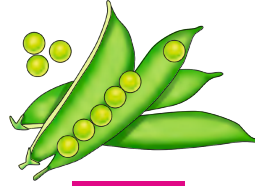
What is that man doing, grandpa?



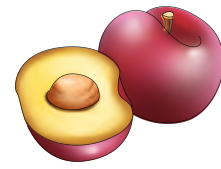
Tick (✓) the thing which can be eaten raw and cross (✗) that which need to be cooked for eang.



Apple



Peas



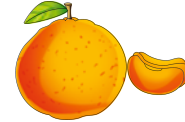
Plum



Maize



Wheat



Orange



FLOWERS AND FRUITS

Most trees have **fruits**.

Some fruits taste good. These can be eaten.

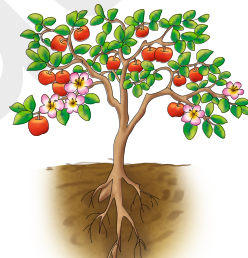
Many fruits cannot be eaten. These are not good.

They do not taste good. Some fruits are even poisonous.

A **flower** grows into a **fruit** and it **ripens** after some me.



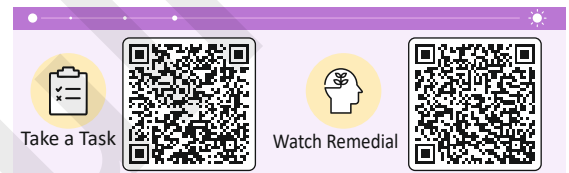
Apple flower



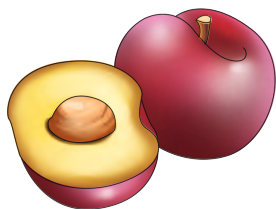
Raw Apples



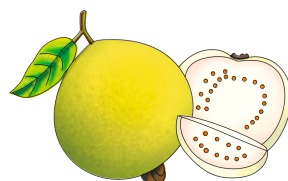
Ripe Apple



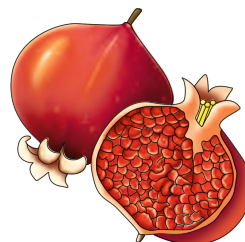
Fruits are good and beneficial for our health. Here are some fruits. Know about them.



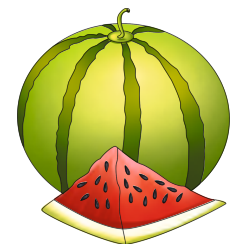
Plum



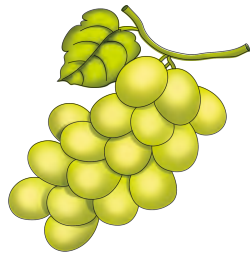
Guava



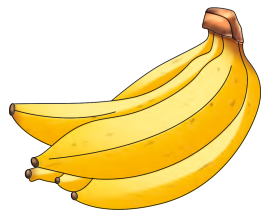
Pomegranate



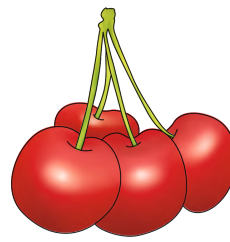
Watermelon



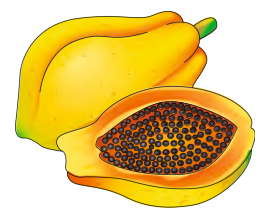
Grapes



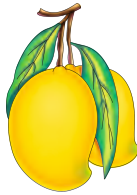
Banana



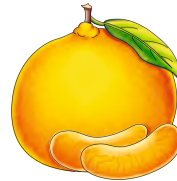
Cherries



Papaya



Mango



Orange



Pineapple



Let's Do

Go to a nearby fruit and vegetable market. Observe all the fruits available there. See, which fruits are sold by weight and which by number or dozen. Make a list of all the fruits you observed.

VEGETABLES

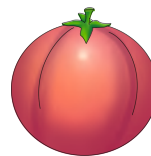
We eat vegetables everyday. Let us know the name of some vegetables given here.



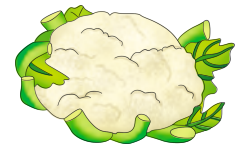
Potato



Onion



Tomato



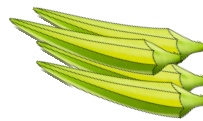
Cauliflower



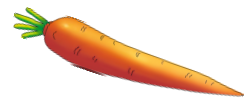
Pumpkin



Chillies



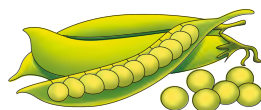
Ladyfinger



Carrot



Radish



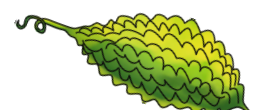
Peas



Bottle gourd



Brinjal



Bitter gourd

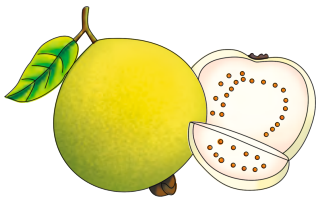
SEEDS

Vegetables and fruits have **seeds** in them.

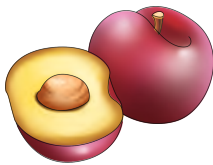
Some fruits like mango, plum, etc. have only one seed in them.



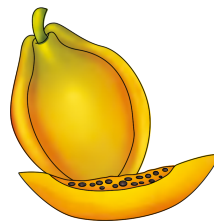
Some fruits like orange, apple, cheeku, etc. have a few seeds.
Some fruits like papaya, watermelon, etc. have many seeds.
Seeds of different fruits and vegetables have different shapes and sizes.



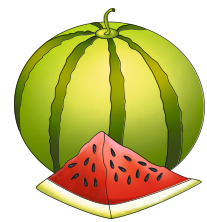
Guava



Plum



Papaya



Watermelon



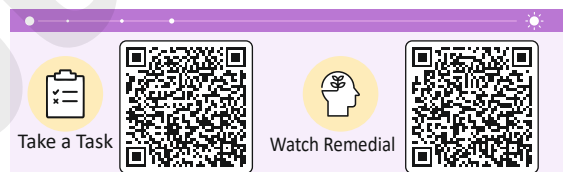
Let's Do

Name two fruits or vegetables having :

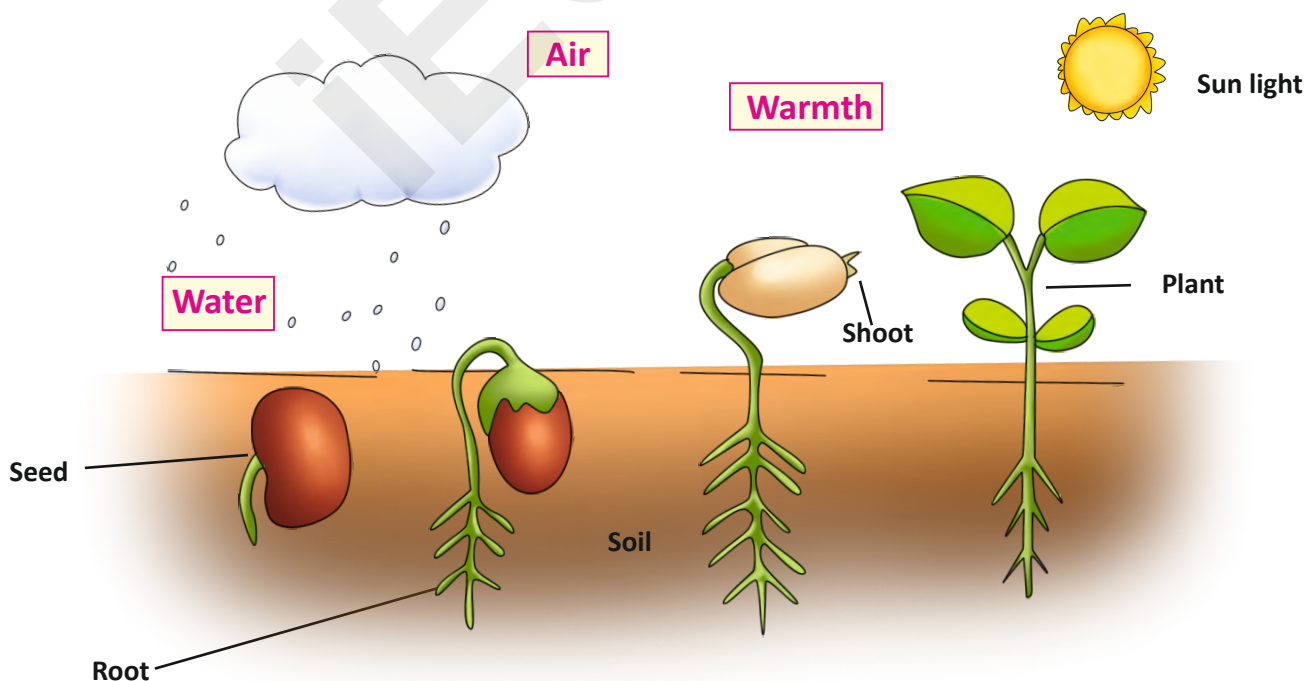
- | | | |
|---------------|-----------|-----------|
| 1. One seed | (a) | (b) |
| 2. Few seeds | (a) | (b) |
| 3. Many seeds | (a) | (b) |

No seed can be seen in pineapple fruit.

Some seeds can be eaten raw, while others like rajmah, rice, etc. have to be cooked before eating.



A seed has a **baby plant** inside it. If a seed gets air, water and warmth, the baby plant inside it grows into a new plant.



Growth of a new plant from the seed



Word Treasure

- **Poisonous** : Contains poison which can be harmful for us.



Let's Revise

- Some plants grow into fruits and some into vegetables. These keep seeds inside.
- Fruits and vegetables are beneficial for us. Some fruits are poisonous also.
- Each seed contains a baby plant in it.

Clean and Green Exercises

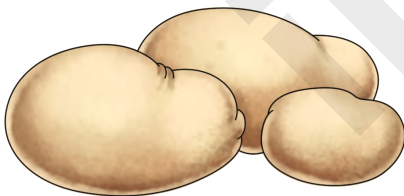


Gap Analyzer..
Take a Test

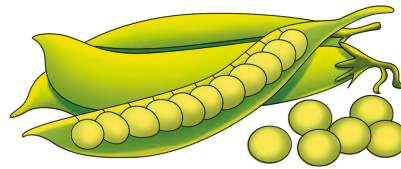
A. Write the name of the following:

- | | | |
|-------------------------|-----------|-----------|
| 1. Two green vegetables | (a) | (b) |
| 2. Two leafy vegetables | (a) | (b) |
| 3. Two red fruits | (a) | (b) |
| 4. Two yellow fruits | (a) | (b) |
| 5. Two juicy fruits | (a) | (b) |

B. Here are some vegetables. Tick (✓) that grow above the ground and cross (✗) that grow below the ground:



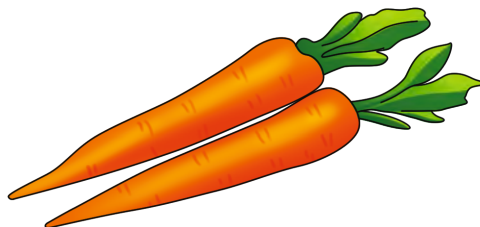
Potato

☐

Peas

☐

Turnip

☐

Carrot

☐



C. Answer the following questions:

1. Which part of a plant grows into a fruit?

.....

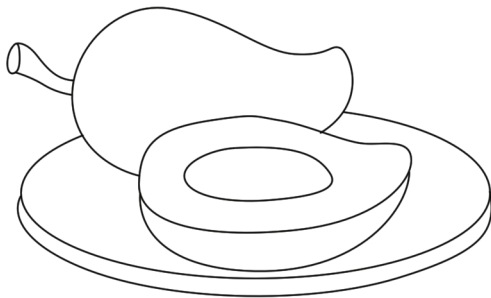
2. What do seeds contain in them?

.....

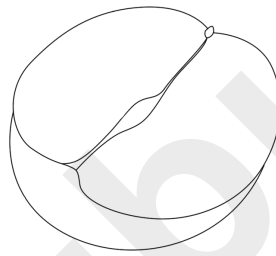
3. Name three things which a seed needs to grow into a baby plant.

.....

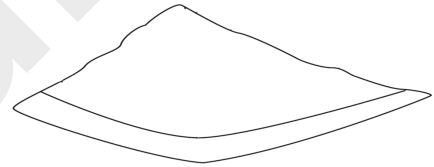
D. Here are some fruits which have been cut open. Can you draw their seeds? Also colour the fruits.



Mango



Apple



Watermelon



Nut Cracker

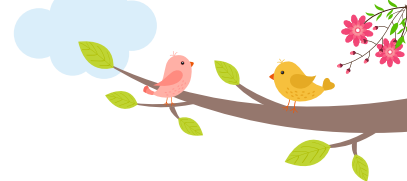
Write the name of the part of the plant which gives birth to the new plant.

Name of the plant	Name of the part of the Plant
Rose	
Mango	
Potato	
Gram	



Which part of baby plant of a seed keeps under the ground and which part of it comes out as stem and leaves?

Wonder Explorers



Flowers, Fruits, and Vegetables

STEM

Let's learn about different flowers, fruits, and vegetables and how they grow.

Activity: Sorting Game

1. **Task:** Collect pictures or real items of flowers, fruits, and vegetables.
2. **Steps:** Sort them into three groups: flowers, fruits, and vegetables.
3. **Activity:** Share your sorted items with the class and name each item.

Learning

Understand the differences between flowers, fruits, and vegetables and their importance in nature and our diet.

Skills Covered: Observation, Creativity, Communication

Little Techies

Artificial Intelligence

Ask an AI device like Alexa or Siri:

1. What are some common fruits and vegetables?
2. Why are seeds important for plants?

Skills Covered: Logical thinking, Digital literacy, Curiosity

Colors and Creations

Art

Draw a basket filled with fruits and vegetables. Use vibrant colors and decorate it. Label each fruit and vegetable and share why it's your favorite.

Skills Covered: Creativity, Expression, Collaboration

Language Links

Learn and write the names of three fruits, vegetables, and seeds in your mother tongue and one other language. Discuss how they are used in cooking or rituals in different cultures.

Skills Covered: Language awareness, Social skills