

# MyPlate in Practice



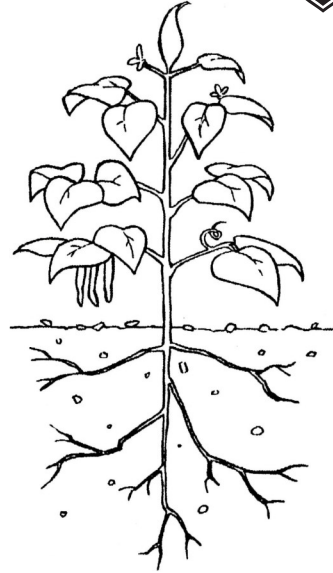
## SNAP-Ed

WASHINGTON STATE UNIVERSITY  
EXTENSION

### We Eat Different Parts of the Plant

Draw a line connecting the word  
with the plant part it names.

seed                  stem                  root  
leaf                  flower fruit



Bean Plant

#### FOODS WE EAT THAT ARE ROOTS:

beet  
onion  
carrot  
parsnip  
potato  
radish  
rutabaga  
sweet potato  
yam  
turnip

#### FOODS WE EAT THAT ARE STEMS:

asparagus  
bamboo shoots  
bok choy  
broccoli  
celery  
rhubarb

#### FOODS WE EAT THAT ARE LEAVES:

Brussels sprouts  
parsley  
cabbage  
spinach  
collards  
turnip greens  
kale  
chard  
lettuce  
endive  
mustard greens  
watercress

#### FOODS WE EAT THAT ARE FLOWERS:

artichoke  
broccoli  
cauliflower

#### FOODS WE EAT THAT ARE SEEDS:

lima beans  
pinto beans  
pumpkin seeds  
kidney beans  
black beans  
sunflower seeds  
peas  
dry split peas  
butter beans  
corn

#### FOODS WE EAT THAT ARE FRUIT:

apple  
apricot  
avocado  
grapes  
cucumber

banana  
pumpkin  
squash  
bell pepper  
date  
grapefruit  
berries  
pear  
pineapple  
eggplant  
plum  
tangerine  
kiwifruit  
mango  
melon  
orange  
papaya  
peach  
pomegranate  
strawberry  
tomato

Circle the vegetables listed above that you have tasted. Put a star next to the ones that you really enjoy eating.

Reprinted from: USDA Team Nutrition, Youth Activities, Page 18, "Nutrition is the link between agriculture and health".

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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