



# Let's Dissect: Fruit or Vegetable?



Is a cucumber a fruit or a vegetable? It depends on who you ask! Grocery stores put cucumbers in the vegetable section. But scientists say a cucumber is a fruit. Who's right? This fun activity will help explain.

In science, a **“FRUIT”** is the part of the plant that has seeds. It helps the plant reproduce. Fruits help spread the seeds to new places, and grow new baby plants.  
**If you find seeds... that's a science fruit.**

A **VEGETABLE** is when you eat any other part of the plant—the roots, stems, leaves, flowers. **(Did you know you eat roots and leaves!?!)** That's a vegetable!

**seeds!**

That means it's a science fruit!  
Fruits have seeds, to plant new baby plants.

**No Seeds!**

If there are **no seeds...**  
then it is not a fruit.  
**It's a VEGETABLE.**

Vegetables are all the other parts of plants that we eat-- **roots, stems, leaves, and flowers.**

Did you know you eat roots (carrots), leaves (lettuce), and stems (celery)!  
Everyone agrees-- Those are vegetables!

***But for scientists, anything with seeds is called a fruit.***

# Activity: Fruit and Vegetable Dissection!



1. Find some fruits & vegetables around your house that you can use.
2. Have a parent help you cut open each fruit and vegetable.
3. The clue you are looking for is SEEDS. If you find seeds, you know it's a science fruit. If you can't find seeds, it's a vegetable.
4. Record your observations in the chart. Some answers might surprise you!

<b>Food</b>	<b>Did you find seeds?</b>	<b>So, is it a fruit or a vegetable?</b> (seeds = "science fruit")	<b>BONUS:</b> <b>What part of the plant are you eating?</b> (Fruit, Leaf, Stem, Root)
Example:  APPLE	Yes, I found seeds!	Science FRUIT	fruit
CELERY	No seeds.	Vegetable	stem