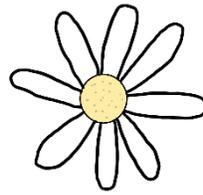




Plants and Flowers



Plants are living things, that are rooted into the ground, which is why they cannot move from place to place like animals can. Plants are important because they produce oxygen in the air we breathe and produce food for us and animals to eat.

The process in which plants make their own food is called **photosynthesis**.

Flowers are also called blooms or blossoms, the purpose of a flower is reproduction. A flower is a part of a plant and does not have a life of its own.

Dd Daisy: is a small plant that has flowers with long white bracts and within the middle of the daisy are multiple small flowers. Antarctica is the only continent that does not have daisies.

Ff Fern: A plant without seeds or flowers that has a feathery leaf appearance. Ferns can live up to 100 years.

Hh Hydrangea: Mostly shrubs with white, pink, or blue flowers. They can live up to 50 years.

Ii Ivy: A flowerless plant with dark green, shiny, five pointed leaves. The plant doesn't lose its leaves during the wintertime. All parts of the plant are poisonous.

Jj Jasmine: A shrub or climbing plant with strong sweet smelling flowers, that are often used in perfumes and or teas.

Nn Nettle: A plant with jagged leaves that are covered with stinging hairs.

Qq Quisqualis Indica: Quisqualis Indica is the Latin name for Rangoon Creeper Plant. Quisqualis means (what is this.) It resembles a shrub at first, eventually maturing into a vine.

Uu Umbrella Plant: Commonly grown as a house plant, with stiff green branches.

Vv Venus Fly Trap: A plant that eats insects.

Xx Xerophyte: Means a plant that needs little water. Cactuses are xerophytes.





Vegetables



Vegetables are considered any plants part that can be eaten in which is not a fruit or seed. Vegetables are often high in vitamins, minerals, and fiber.

Aa Asparagus is a vegetable in which is a good source of fiber and vitamins. Vitamins A, C, E, and K. The part we eat are the stems the stem is edible all except for the woody part towards the bottom.

Cc Carrots: are root vegetables traditionally orange in color, they come in purple, black, red, white, and yellow. Carrots are full of vitamins, minerals, and fiber. Eating too many can lead to discoloring of skin due to high levels of beta-carotene the molecule responsible for the carrots bright orange color.

Kk Kale: is a leafy green vegetable packed full of Vitamins A, B, C, and K, and antioxidants.

Ll Lettuce: A leafy vegetable often used in salads and eaten raw (uncooked).

Mm Mushrooms: Although mushrooms have no leaves, roots, or seeds and don't need light unlike other vegetables they're still considered vegetables on account that they have many of the same nutrient contents as other vegetables.

Oo Orange Pepper: Are vegetables contain Vitamin A, Vitamin C, iron.

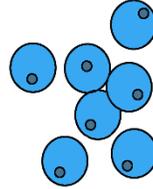
Rr Red Pepper: Are vegetables that are a good source of Vitamin A, Vitamin C, and potassium. They're also low in calories. They also contain fiber, folate, and iron.

Yy Yellow Pepper: Are vegetables that are a good source of Vitamin A, Vitamin C, and potassium. They contain fiber, folate, and iron.





Fruits



Fruits are the sweet product produced by trees and other plants that are edible and contain seeds.

Bb Blueberries: are fruits that are high in antioxidants. Blueberries are also considered berries.

Gg Grapes: are fruits that grow on vines, are often used to make jams and jelly. Grapes are also considered berries.

Ss Strawberry: Strawberries are receptacles which is the thickened part of the stem therefore they aren't technically berries. Strawberries are high in vitamin C.

Ww Watermelon: is often referred to as a fruit in which the entire thing can be eaten rinds and all.

Fruits that are often considered Vegetables

Fruits that are considered Vegetables in terms of cooking because of their unsweet taste. In terms of how they grow they are technically fruit because they are a product produced by the fruit and not the plant itself.

Ee Eggplant: is commonly considered vegetable in terms of cooking and being eaten as a cooked vegetable. It is technically a fruit or a berry in terms of how it is grown. Eggplant helps with digestion, brain function, bone health, and heart health.

Pp Pumpkin: In terms of how they are grown are considered fruits, from a taste perspective since they're less sweet they are considered vegetables.

Tt Tomato: is a juicy fruit high in vitamin C, potassium, folate, and vitamin K, and commonly referred to as a vegetable due to its taste.

Zz Zucchini: in cooking terms zucchini is considered a vegetable containing fiber and vitamins. In terms of how they grow they're considered a fruit.

