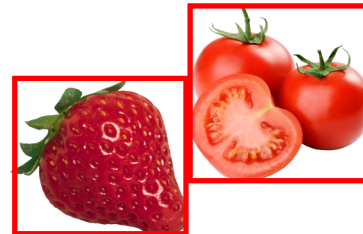


## Tops and Bottoms

Fruits and Vegetables come from different parts of the plant they grow on. Some come from the parts of plants that grow above the soil and some come from the parts of plants that grow below the soil.

Fruits and Vegetables are very important to help you grow big and strong. They come in all shapes, colors, and sizes. Just like there are many colors in the rainbow, we should eat a large selection of fruits and vegetables. You should eat 4 or more servings of Fruits and Veggies every day.



## The Food Rainbow

### Lets get to the Root!



#### What you need:

- 1 carrot
- knife
- Glass of water
- adult help

#### Directions:

1. Fill a glass half full with water.
2. Ask an adult to help you cut the end tip off of the carrot!
3. Put the carrot in the glass of water cut side down.
4. Put the glass near a window that lets in sunshine.
5. Watch the carrot for a few days.

#### Question:

What happened?

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#### Explanation:

The carrot itself is really what we call a "taproot." This is a big main root that grows straight down into the ground. Along its sides, little roots grow, too. Some trees, plants, and bushes have a major taproot; others do not. Roots are really important! They hold a plant in place when it is windy. They keep soil around the plant. And most of all, roots take water from the soil up to the plant.



# Career Corner



**Horticulturist** - Horticulturists work in crop production; plant propagation; plant breeding; genetic engineering, plant physiology; plant biochemistry; landscape design, installation, construction, and maintenance; and storage, processing, and transit of fruits, berries, nuts, vegetables, flowers, trees, shrubs, and turf.

### How Horticulturists Benefit Agriculture:

- Norman Borlaug and the Green Revolution
- Transgenic potatoes help prevent diarrhea

### Horticulturists Study:

- Plant Science
- Biology



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# Farm Facts

- Bell peppers are usually sold green, but they can be red, purple, or yellow too.



- Asparagus and rhubarb are the only two vegetables that can live to produce on their own for several growing seasons. All other vegetables must be replanted every year.
- Vegetables start losing their nutrients the moment they are picked., so farmers are always working to keep their products as fresh as possible.

## Use What You've Learned!

In each of the boxes draw a Fruit or Vegetable that you ate today that was the same color as the box.

Orange	Green	Red
Blue/Purple		Yellow

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