**Vivacious Vegetables Study Guide**



Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What was the first food eaten my man?
2. How many servings of vegetables a day does a person need?
3. What is the definition of vegetable?
4. Name the 8 types of vegetables.
5. Name 2 types of seed vegetables.
6. Define root vegetables and name 2.
7. Name 3 tubers.
8. Bulbs are part of two different vegetable systems – what are they?
9. Name 2 stem vegetables.
10. Name 2 types of leave vegetables
11. Name 2 types of flower vegetables
12. What are the fruit vegetables? Explain why tomatoes are sometimes called fruits instead of vegetables.
13. Why should you NOT add baking soda to the vegetable cooking process?