

Chef Solus Fruits and Vegetable Plants Chart The Parts That We Can Eat

Directions: Find the fruits and vegetables on this list. Examine each food for the part that you can eat.

Next, check the chart and put an X in the parts that you can eat for each food item you examine. Mark whether this can be eaten is eaten cooked or/and raw.

Fruits/Vegetables	Stem	Fruit	Seed	Roots	Leaves	Skin/Peel	Flower	Cooked	Raw
Apple									
Avocado									
Banana									
Basil									
Beans									
Beets									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Cherries									
Cucumbers									
Green pepper									
Lemon									
Lettuce									
Onion									
Orange									
Oregano									
Parsley									
Peach									
Pear									
Peas									
Pineapple									
Potatoes									
Spinach									
Squash									
Strawberry									
Tomato									
Watermelon									
Zucchini									

