

Vigorous Veggie Group Vocabulary Words

Dear Parent, This week we are studying nutrition using the Hip Hop Healthy Heart Program for Kids. Following are the words that we worked on today in class. Please review them with your child tonight.



Vocabulary Word	Part of Speech	Definition	Draw a Picture of the Word
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Vigorous Veggie Vocabulary Words: Teacher Directions

Choose 5-9 vocabulary words that support your students' academic level and aptitude. Have them fill in the handout with the word, part of speech, definition, and have them draw a picture to help them remember the definition.



- **Aroma** NOUN: A noticeable smell. Sometimes it can be pleasant and sometimes unpleasant.
- **Bulb** NOUN: the underground resting stage of a plant (as an onion, or garlic). Bulbs have a short stem base bearing one or more buds enclosed in overlapping leaves.
- **Carbohydrate** NOUN: Most foods contain carbohydrates, which the body breaks down into simple sugars - the major source of energy for the body.
- **Flavor**: NOUN: The blend of taste and smell sensations caused by putting something in the mouth.
- **Flower** NOUN: The part of a plant that is specialized for reproduction and bears modified leaves (as petals). The most common vegetables that have edible flowers are the artichoke, broccoli, and cauliflower.
- **Fruit** NOUN: **The seed bearing part of a plant.** Vegetables that are classified as fruits (cucumbers, squash, tomatoes, eggplants, etc.) are usually not as sweet as what we consider fruits (apples berries, etc.) Some vegetables that are classified as fruits have large seeds (avocado) and some have small seeds (eggplants).
- **Leaf** NOUN: One of the green usually flat parts that grow from a stem or twig of a plant and that function mainly in making food for the plant by a process called photosynthesis.
- **Phytonutrient** NOUN: “Phyto” is the Greek term for plant. “Nutrient” means giving nourishment or nutrition. A phytonutrient is a substance available only in edible plants. Phytonutrients provide nutrition to humans and animals when a plant is eaten. There are thousands of phytonutrients. Phytonutrients also give edible plants color, flavor, aroma, and texture.
- **Pod** NOUN: A fruit that is dry when ripe and then splits open to free its seeds. Pods that are eaten as vegetables include chili peppers, snap or green beans, okra, sugar snap peas, snow peas, and wax beans.
- **Robust** ADJECTIVE: Being strong and vigorously healthy
- **Root** NOUN: The leafless usually underground part of a plant that absorbs water and minerals, stores food, and holds the plant in place. Some roots are edible like beets, carrots and radishes.
- **Seed** NOUN: The state, quality, or fact of being wide
- **Savory** ADJECTIVE: This word can be used 3 ways: 1. **Salty or Non-Sweet, non vegetable** *the mushrooms, meat, bread, rice, peanuts and potatoes were all good **savory** foods.* 2. **Tasty, attractive to the palate.** *The fine restaurant presented an array of **savory** dishes; each was delicious.* 3. **Not overly sweet.** *The **savory** duck contrasted well with the sweet sauce.*
- **Seed** NOUN: The grains of plants capable of producing a new plant
- **Shoot** NOUN: A young plant stem with its leaves and branches.
- **Stem** NOUN: The main stalk of a plant that develops buds and shoots and usually grows above the ground.
- **Tuber** NOUN: A short fleshy stem that usually grows underground (like a potato plant) that has tiny buds or eyes that can produce a new plant
- **Texture** NOUN: the structure, feel, and appearance of something. When using texture to describe food, we think of how the food feels in the mouth. Is it soft, creamy, hard, crunchy, rough, or smooth?
- **Variety** NOUN: Having different forms, shapes, types, colors, textures and/or aromas from others in the group that it belongs to.
- **Vegetable** NOUN: A leafy plant (as the cabbage, bean, or potato) usually without woody tissue grown for an edible part that is usually eaten as part of a meal.
- **Vigorous** ADJECTIVE: having active strength or energy of body or mind.