

Comprehension Practice #1 Key

Answers

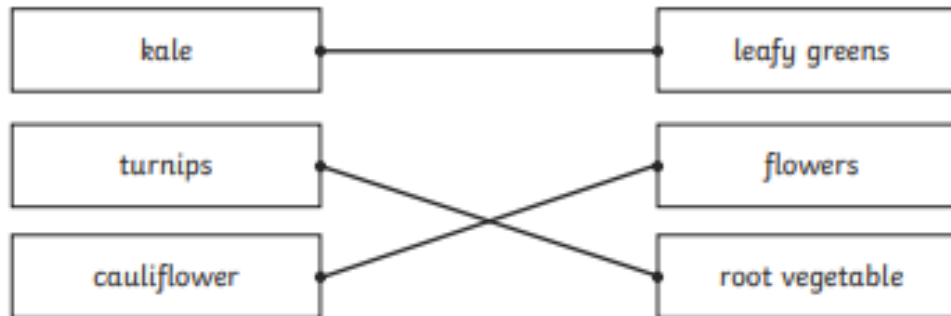
1. What is a vegetable? Tick one.

- the part of the plant that can be eaten but doesn't have any seeds**
- the part of the plant that can't be eaten
- the part of a plant that can be eaten but does have seeds

2. What type of weather do most vegetables need to be able to grow?

Most vegetables need warm weather to grow.

3. Draw a line to match the vegetables to their vegetable type.



4. What does the word **diet** mean?

Diet means the kinds of foods that we eat.

5. Write three reasons why it is good to eat vegetables.

Accept any three from; vegetables give you lots of energy; vegetables have lots of vitamins, minerals and nutrients inside them; they help you to grow; they help to keep you well.

6. Lots of people think you need to eat five or more portions of fruits and vegetables per day. Why do you think this is?

Various answers relating to having a varied diet and including lots of foods that contain vitamins and nutrients.