Vegetables are plant parts—roots, leaves, stems and flower buds. For instance, carrots are roots, lettuce is leaves, and celery stalks are stems! Broccoli has stems and flowers that both taste great! Broccoli heads are made of little flowers that have yet to open (see picture).

Fruits are made from plant parts, too. For some plants, after their flowers are pollinated, in time, a fruit is formed. For instance, this happens with apples, cherries and squash. In nature, fruit helps plants spread their seeds for miles: animals come to the plant to eat the tasty fruit and then spread its seeds in their poop.

In cooking and nutrition, some fruits are called vegetables. That’s true for tomatoes, green beans, peppers and squash. This is because their taste and the nutrients they provide are more like vegetables than fruits. For example, green beans—also called string beans—are green, fleshy pods that grow around the seeds of a bean plant. People think of them as a vegetable, but plant experts think of them as a fruit.

Many plants and bees need each other to survive; they are interdependent.