



# VICTORY GARDENS

## Lesson and Activity Suggestions for Grades K - 2

### Fruits and Vegetables

Victory Gardens were planted on the American home front during World War II. During this time many Americans were fighting overseas. Food was in short supply, and Americans were asked to plant gardens to provide families with healthy foods.

Children planted Victory Gardens at their schools and adults planted victory gardens at their place of work. No matter where they lived, in the city or in the country, families planted victory gardens together.

When the fruits and vegetables were harvested, families, neighbors, and coworkers shared what they had grown. Food could be eaten fresh or canned for later use in the winter. Everyone worked together, and everyone shared.

The weather continues to warm up, which is a sign of spring! The last frost has come and gone and hopefully your family has been able to start preparing for your Victory Garden! As you begin to plant and watch your Victory Garden grow, it will be important to be able to identify the differences between a fruit and a vegetable. Do you think you already know? You might be surprised! Let's find out!

**Victory Gardens in World War II**  
POSTED: Monday, August 7, 2017 by Sarah Sundin



For the average American in World War II, the Victory Garden was a practical way to contribute to the war effort. Some 20 million Victory Gardens were planted (US population in 1940 was 132 million), and by 1943, these little plots produced 40 percent of all vegetables consumed in the US. It's estimated that 9-10 million tons of vegetables were grown.

**The Need for Victory Gardens**

Wartime needs stretched agricultural production. The United States not only had to feed its own civilian and military population, but many of the Allies relied on America's bread basket. In addition, U-boats sank hundreds of food-laden ships bound for Britain. While the need expanded, the number of farm workers decreased due to the draft and – ironically – due to the internment of Japanese-Americans.

Canned fruits and vegetables were rationed starting March 1, 1943, so civilians were encouraged to grow their own produce to supplement their rations. The use of fewer canned goods would decrease the use of precious tin and reduce the strain on the heavily taxed rail and road systems.

# What is a Fruit?

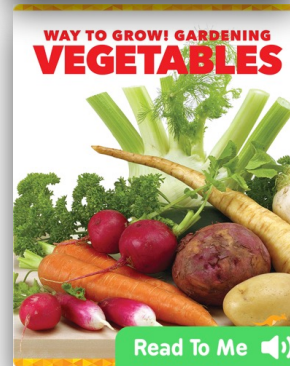
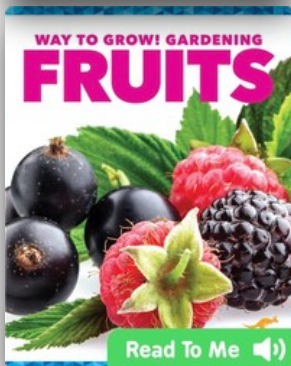
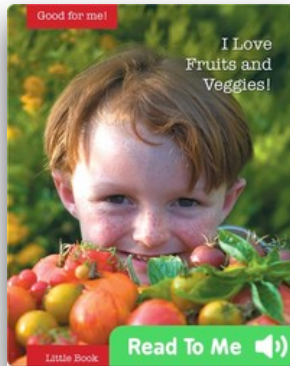
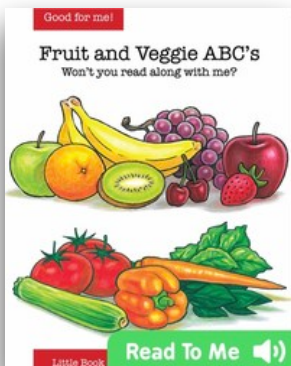
# What is a Vegetable?

**Fruits** usually grow on trees or vines. They have seeds inside of the plant.

**Vegetables** grow on plants above or below the ground. They usually do not have seeds inside.

Tomatoes, pumpkins, peppers, cucumbers, zucchini, eggplant, okra, avocados, and, get ready for this... PEAS and CORN are considered fruit! The pod of the pea is the actual fruit, and the peas inside are the seeds! Corn is both a grain AND a fruit. As a grain, you might find corn in cornbread or cornmeal, and the kernels are considered dry fruits. What?!?!?




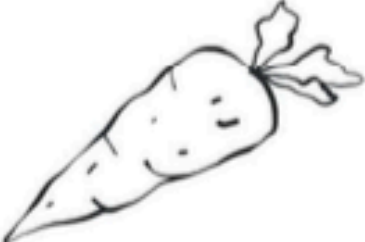
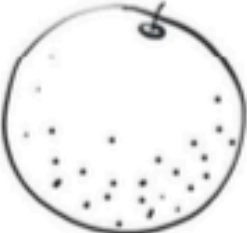
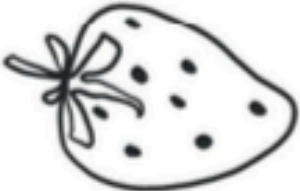
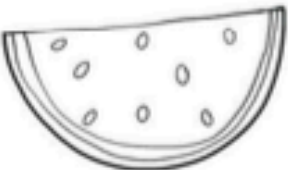

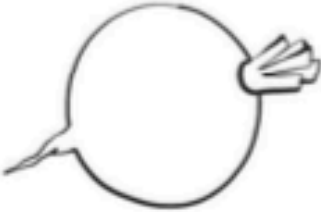



For more cool facts about fruits and vegetables check out these books and music videos on your Epic! app.



After reading and listening to the books, use the following worksheets to show what you've learned! Pages 3 -5 are geared towards kindergarteners. Pages 6-9 towards first-graders, and Pages 10 - 12 towards second-graders.






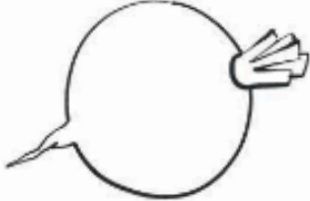
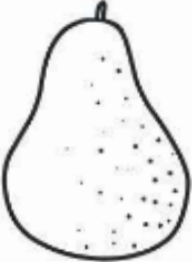
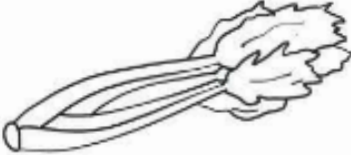




# Fruits and Vegetables

Below are some pictures of fruits and vegetables.  
Circle all of the fruits and color them.

 tomato	 broccoli	 onion
 carrot	 orange	 strawberry
 watermelon	 avocado	 raddish
 grapes	 lettuce	 apple

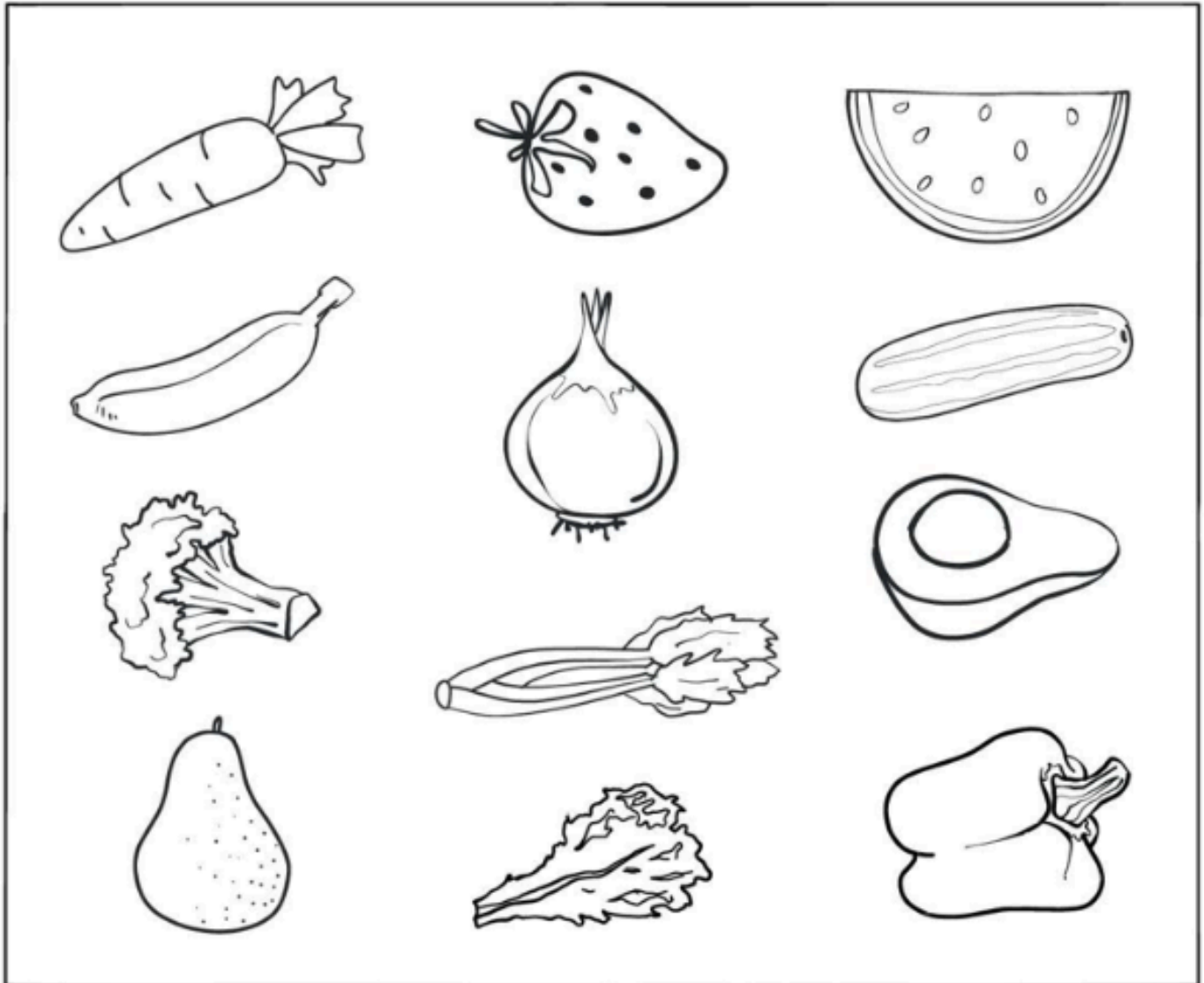
# Fruits and Vegetables

Below are some pictures of fruits and vegetables.  
Circle all of the vegetables and color them.

 banana	 pepper	 avocado
 egg plant	 carrot	 raddish
 pear	 celery	 strawberry
 grapes	 cucumber	 cabbage

# Fruits and Vegetables

Circle all the fruits. Cross out all the vegetables.  
Count the fruits and vegetables and write them down.

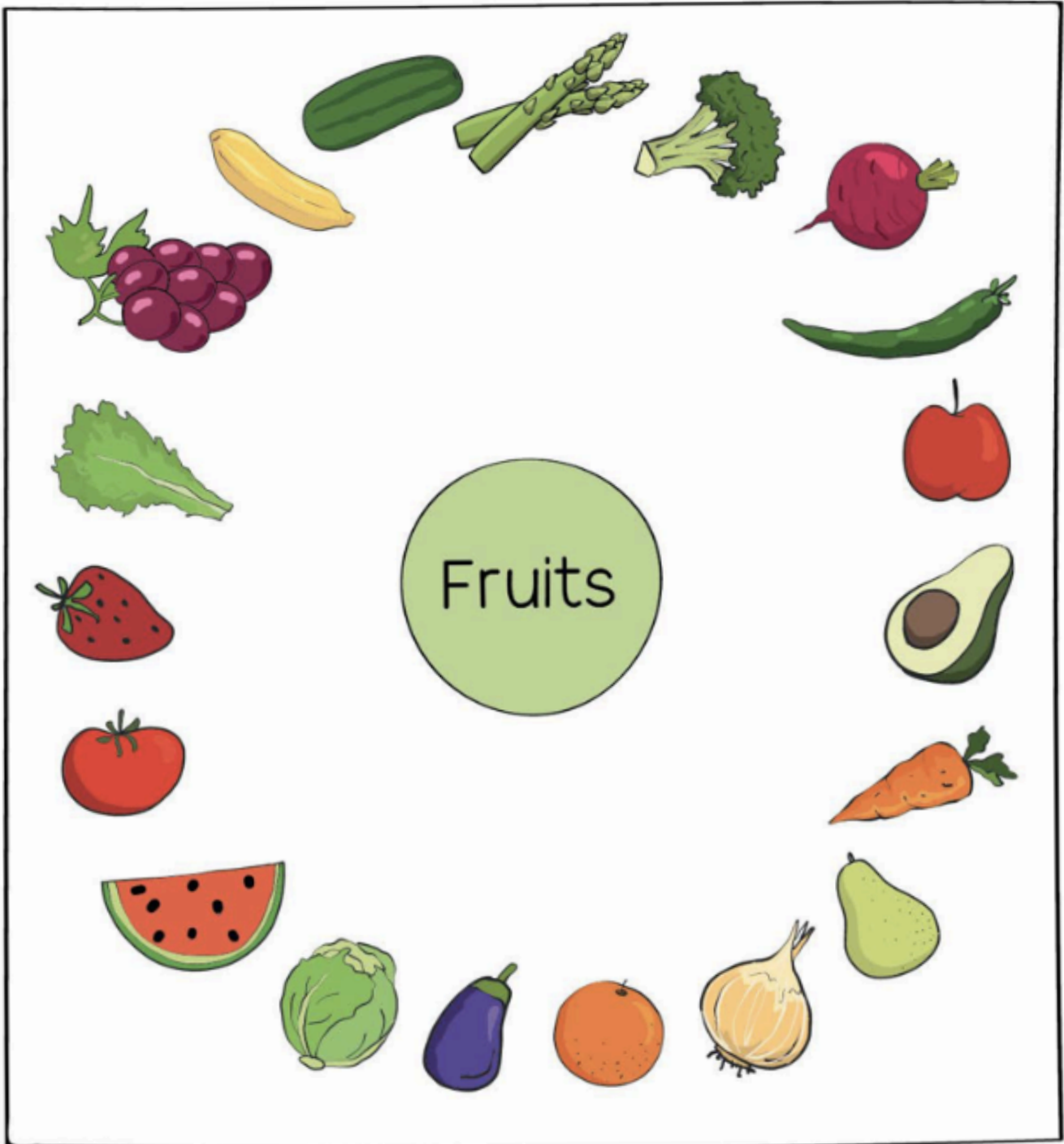


How many fruits?

How many vegetables?

# Fruits and Vegetables

Fruits grow on trees and vines. They contain the seeds of the plant.  
Which pictures below are a fruit? Draw lines to connect all the FRUITS to the middle.

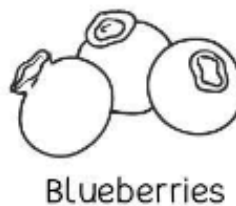
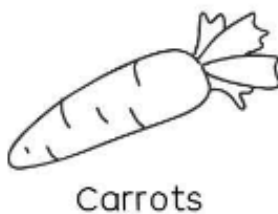
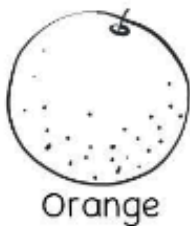
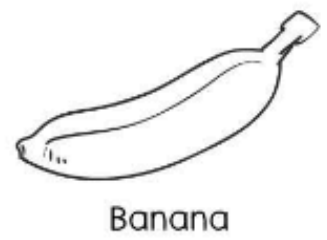
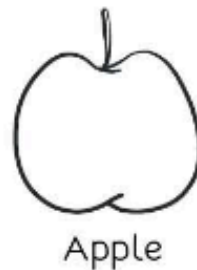


# Fruits and Vegetables

Color the pictures. Cut them out. Paste them in the correct group.





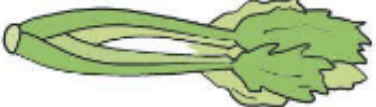
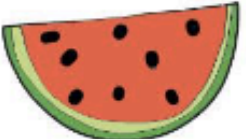


Fruits	Vegetable

[www.cleverlearner.com](http://www.cleverlearner.com)



# Fruits and Vegetables

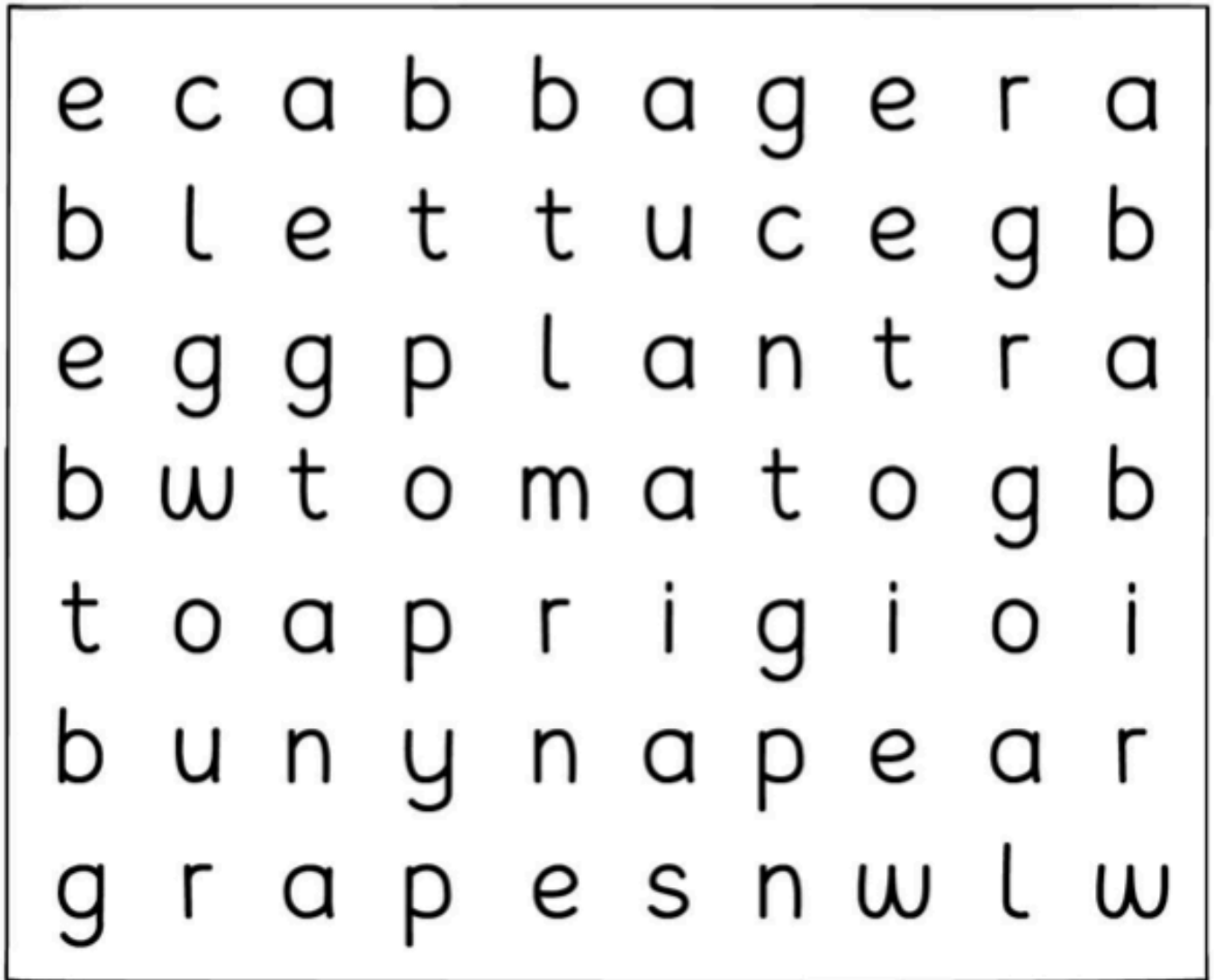
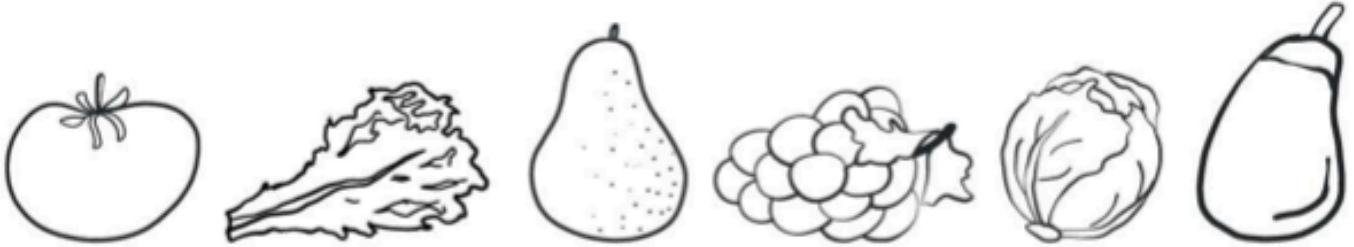
Fruit or Veggie? Match the names of the fruits and vegetables below.

broccoli		fruit vegetable
grapes		fruit vegetable
mushroom		fruit vegetable
orange		fruit vegetable
watermelon		fruit vegetable
carrot		fruit vegetable
celery		fruit vegetable
pepper		fruit vegetable



# Fruits and Vegetables

Circle three fruits and three vegetables in the puzzle.  
Use the pictures as clues.















# Fruits and Vegetables

Cut out the pictures and paste them in their correct boxes.

fruit	fruit	vegetable	vegetable
fruit	fruit	vegetable	vegetable
fruit	fruit	vegetable	vegetable

[www.cleverlearner.com](http://www.cleverlearner.com)

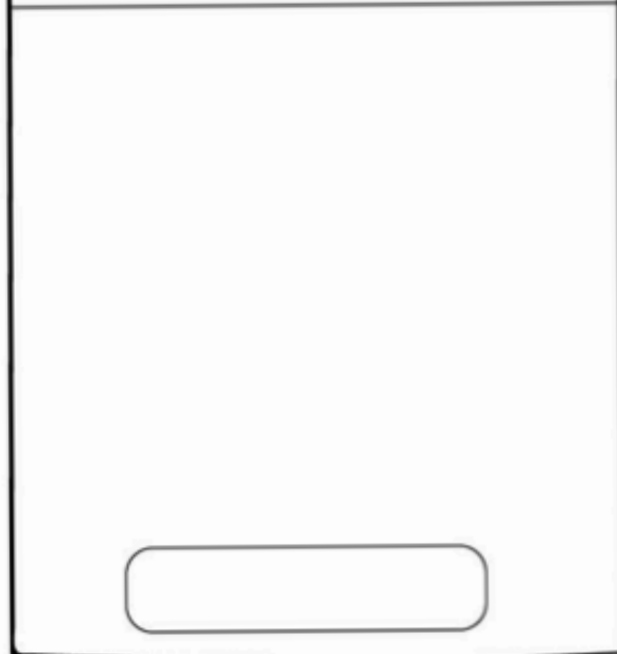
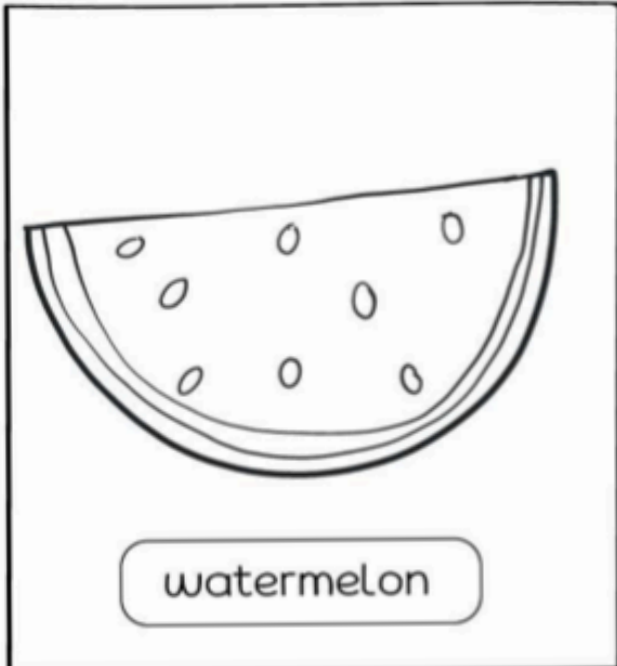
Cut along broken lines

 grapes	 banana	 pepper	 apple
 broccoli	 cabbage	 celery	 carrot
 orange	 strawberry	 onion	 pear

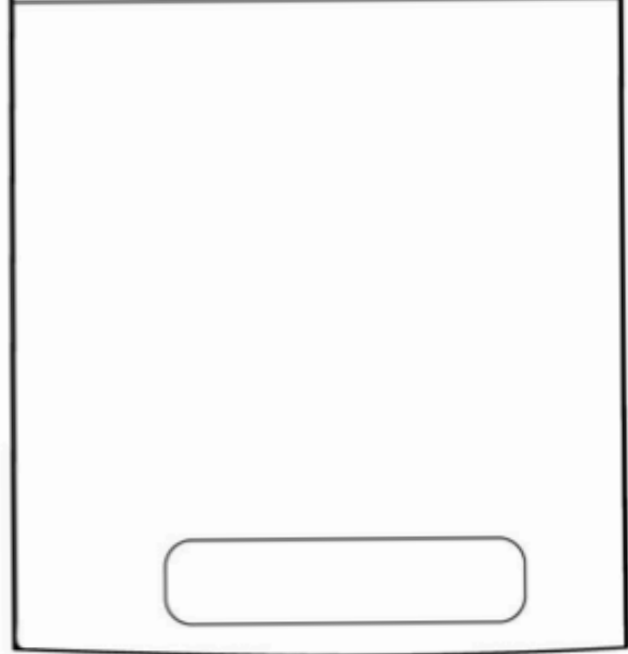
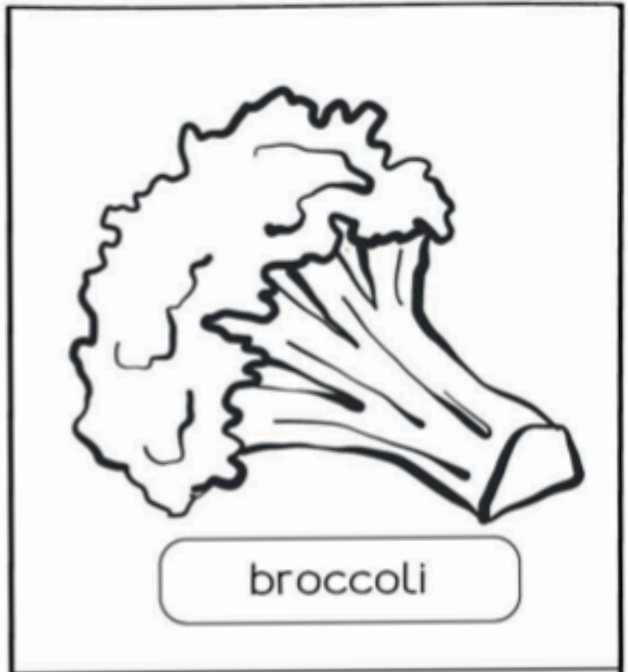
# Fruits and Vegetables

Fruits grow on trees and vines. They contain the seeds of the plant.  
Vegetables grow on plants, above and below the ground. They usually do not contain seeds. Color the examples below and draw two other examples of your own.

Fruit

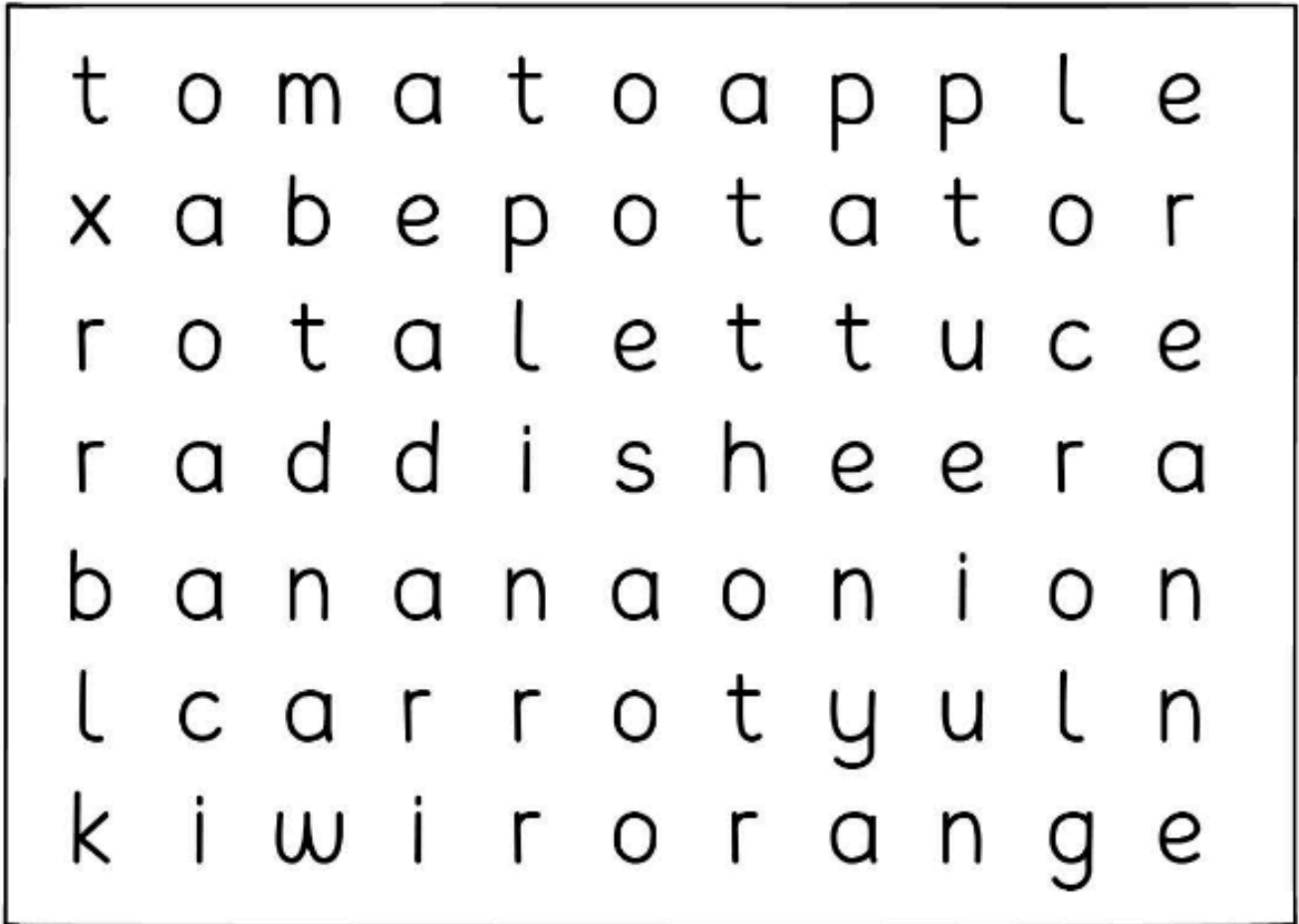


Vegetable



# Fruits and Vegetables

Circle four fruits and four vegetables in the puzzle and write them under the correct group.



Fruit

Vegetables

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_