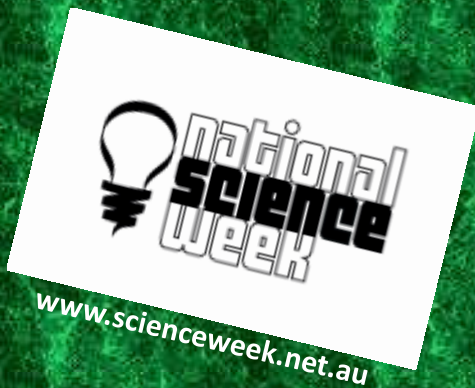




# OUR FRUIT & VEGGIE-VERSE



2021

is the United Nations  
International Year of  
**FRUITS AND VEGETABLES**





Artwork *Rod's World* by Sharon Davson

**Write a poem about fruits and vegetables.**

Send to [feedback@sciencerrhymes.com.au](mailto:feedback@sciencerrhymes.com.au)

by Friday 30<sup>th</sup> July 2021.





# OUR FRUIT & VEGGIE-VERSE

**Celebrate fruit & veg in a poem** about things like:

- their colour, texture, taste and beauty
- traditions and dishes
- waste awareness, storage and care
- how, when or where they grow



Your finished poem could be  
**PUBLISHED**

on the  
[Science Rhymes](#)  
website

for  
[Science Week](#)  
in August.



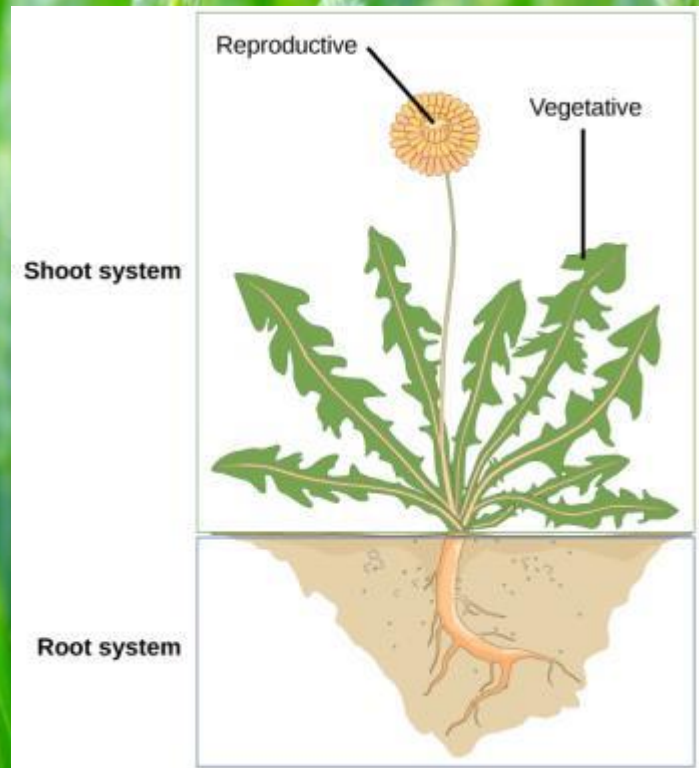
Read on  
and find  
  
some  
corny rhymes  
juicy poems  
and  
plant biology  
  
to help you  
get  
started.





**PLANTS** have roots,  
a stem and leaves.  
Flowers form  
its fruits and seeds.

**As well as  
fleshy-eating fruit,  
seeds and grains  
are also FRUIT .**

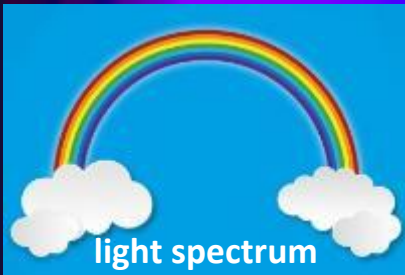


# PHOTO-

LIGHT

# -SYNTHESIS

COMBINING elements



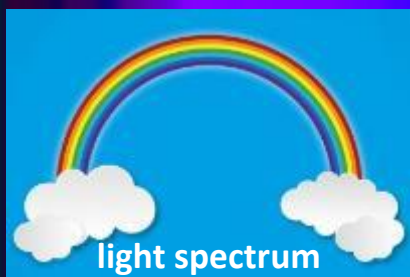
light spectrum



chloroplasts

## PHOTOSYNTHESIS

transforms LIGHT  
into chemical energy  
(such as FOOD)



light spectrum



chloroplasts

**PLANTS all need  
the SUN to grow,  
but don't use all  
of light's rainbow.**





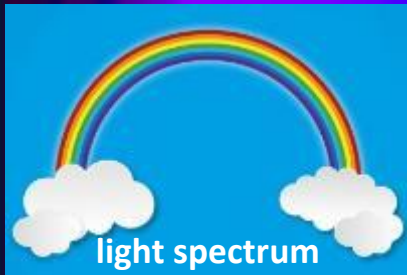
**Fussy Rainbow Eaters** *by Celia Berrell*  
(why leaves are mostly green)

Leaves choose mostly orange-red  
then bands of blue  
to violet.

Using light to make a meal  
of carbohydrate's  
sweet appeal

their chloroplasts feed on the sun.  
But only parts of  
light's spectrum.

Leaves don't use all sunshine's beams.  
It seems they rarely  
eat their greens!







**For thousands of years  
we've grown and rated  
PLANTS that we've  
domesticated.**



For over 4,000 years,  
humans have been  
cultivating these fruit:

- Almond
- Apple
- Banana
- Cucumber
- Date
- Eggplant
- Fig
- Grape
- Mango
- Olive
- Peach
- Pear
- Quince
- Watermelon



For thousands of years  
we've grown and rated  
**PLANTS** that we've  
domesticated.

For over 2,000 years,  
humans have been  
cultivating these veg:

- Asparagus
- Broad beans
- Cabbage
- Carrot
- Celery
- Garden pea
- Kidney bean
- Lettuce
- Mustard
- Onion
- Radish
- Sweet potato
- Turnip
- Yam



For over 4,000 years,  
humans have been  
cultivating these fruit:

1. Almond
2. Apple
3. Banana
4. Cucumber
5. Date
6. Eggplant
7. Fig
8. Grape
9. Mango
10. Olive
11. Peach
12. Pear
13. Quince
14. Watermelon





**How many of these FRUIT  
can you name?**

For over 4,000 years,  
humans have been  
cultivating these fruit:

1. Almond
2. Apple
3. Banana
4. Cucumber
5. Date
6. Eggplant
7. Fig
8. Grape
9. Mango
10. Olive
11. Peach
12. Pear
13. Quince
14. Watermelon





For over 4,000 years,  
humans have been  
cultivating these fruit:

1. Almond
2. Apple
3. Banana
4. Cucumber
5. Date
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14. Watermelon





For over 2,000 years,  
humans have been  
cultivating these veg:

1. Asparagus
2. Broad beans
3. Cabbage
4. Carrot
5. Celery
6. Garden pea
7. Kidney bean
8. Lettuce
9. Mustard
10. Onion
11. Radish
12. Sweet potato
13. Turnip
14. Yam





**How many of these  
VEGGIES can you name?**



For over 2,000 years,  
humans have been  
cultivating these veg:

1. Asparagus
2. Broad beans
3. Cabbage
4. Carrot
5. Celery
6. Garden pea
7. Kidney bean
8. Lettuce
9. Mustard
10. Onion
11. Radish
12. Sweet potato
13. Turnip
14. Yam





For over 2,000 years,  
humans have been  
cultivating these veg:

1. Asparagus
2. Broad beans
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5. Celery
6. Garden pea
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8. Lettuce
9. Mustard
10. Onion
11. Radish
12. Sweet potato
13. Turnip
14. Yam



1



6



5



4



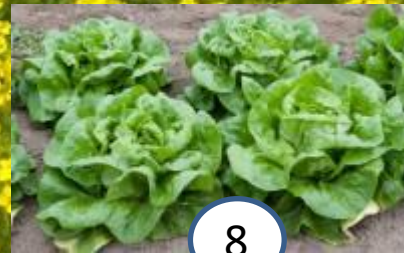
3



2



7



8



10



11



14



13



12

9



**From wild plant  
to domesticated,  
are BRASSICA veggies  
overrated?**



**Brassica Bonanza** by Celia Berrell  
(*Brassica oleracea*)

The humble wild cabbage named ***Brassica o*** looks more like a weed than the veggies we know.



Through breeding (like dogs) to enhance special traits, there's more than one ***Brassica o*** on our plates.



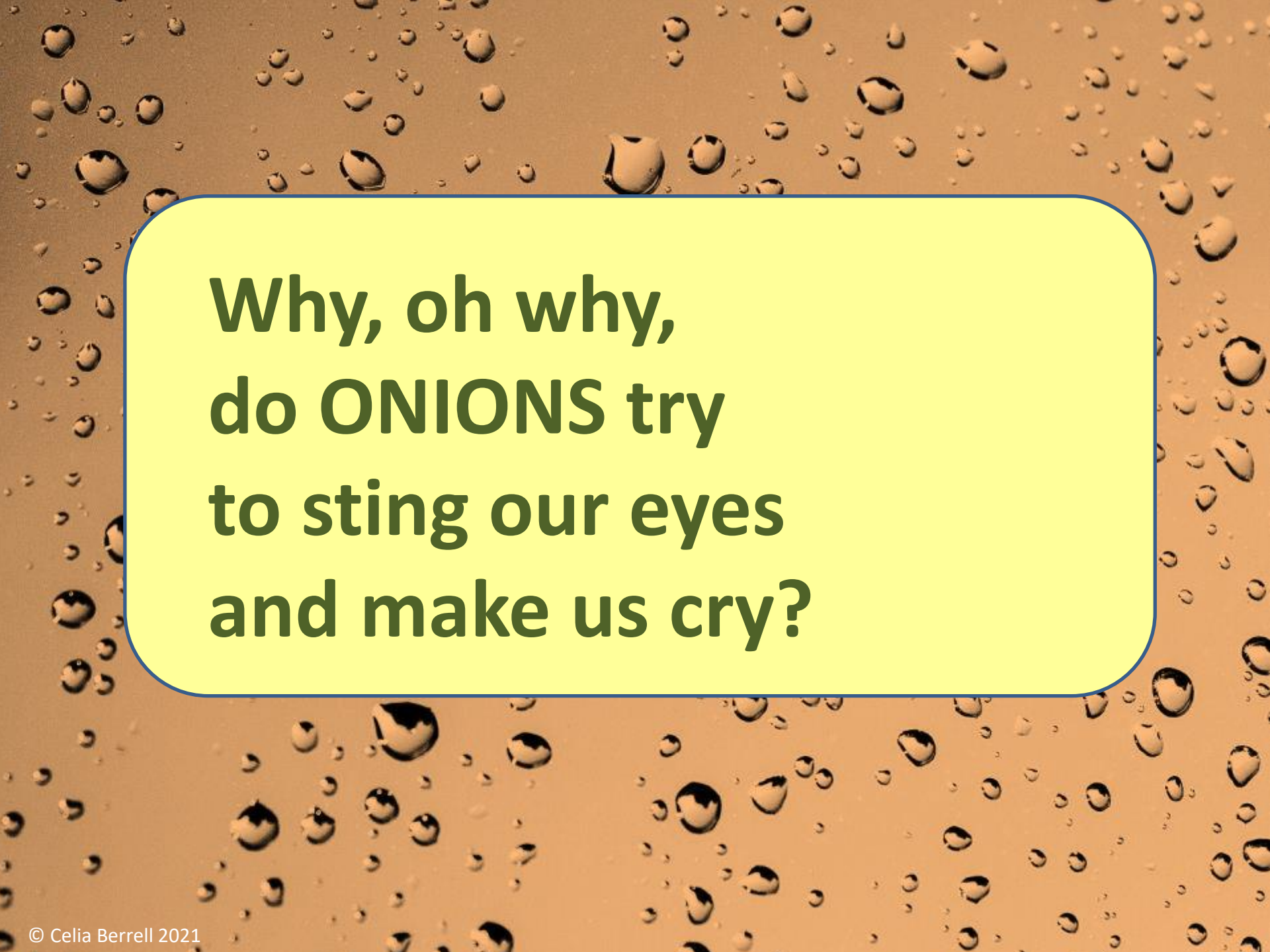
Selecting big leaves gives us Kale, Collard Greens, while breeding big buds grows the Cabbage we've seen.



Exaggerate flowers and what have we got?  
Some huge heads of Broccoli served steaming hot.

Those cream Cauliflowers are *Brassicas* too.  
**ONE PLANT: MANY VEGGIES**  
And so good for you!



The background of the slide is a close-up photograph of numerous water droplets of various sizes scattered across a textured, brown surface, likely a piece of paper or cardboard. The lighting creates highlights and shadows on the droplets, giving them a three-dimensional appearance.

**Why, oh why,  
do ONIONS try  
to sting our eyes  
and make us cry?**



## Snivelling Onions by Celia Berrell (*Allium cepa*)

Volatile chemicals  
made up of molecules  
keen to be gases  
instead of moist oils  
are found in this vegetable  
making it smell-able  
even before it's been  
warmed 'til it boils.

Onions are stinky.  
They make our eyes blinky  
whenever we slice them  
or chop them to bits.  
It isn't their smells  
when we're breaking their cells  
that cause us to snivel  
in big crying fits.



Drawing by  
Margaret Askew



As soon as we bruise them  
an enzyme exudes.  
Then a special reaction  
makes acid that stings.  
It wafts in the air  
which our eyes have to share.  
So our tears start to flow  
like some blubbering springs.

We cry for a reason:  
to wash out that poison  
and keep our eyes safe  
while the onions are cut.  
It wouldn't be clever  
to chop them whenever  
we can't see the knife  
with our eyelids both shut!



# SEEDS







# **SEEDS**

**are the FRUIT  
of ALL flowering plants.**

***Some we can eat,  
and some we can't.***



# GRAINS

# **GRAINS**

**are the SEEDS from grassy plants  
a.k.a CEREALS we've enhanced.**

***These seeds are mostly hard and dry  
like corn or wheat or oats or rye.***



# CORN

also called MAIZE



*These seeds are mostly hard and dry  
like corn or wheat or oats or rye.*

# WHEAT

also called CORN

*These seeds are mostly hard and dry  
like corn or wheat or oats or rye.*



# OATS

A close-up photograph of several oat seed heads. The seed heads are light brown and have a distinctive two-lobed shape. They are attached to thin, dry stalks. The background is a soft, out-of-focus green, suggesting a field of oats.


***These seeds are mostly hard and dry  
like corn or wheat or oats or rye.***

# RYE


A close-up photograph of a rye seed head, showing the intricate structure of the spikelets and the long, thin awns that extend from them. The background is a soft, out-of-focus field of similar plants under a clear sky.

***These seeds are mostly hard and dry  
like corn or wheat or oats or rye.***





# NUTS

The background of the entire slide is a close-up photograph of various nuts, including almonds, hazelnuts, and walnuts, in shades of brown and tan. A yellow rounded rectangle with a blue border is centered in the upper half, containing the title and the first paragraph. Another yellow rounded rectangle with a blue border is centered in the lower half, containing the second paragraph.

# **NUTS**

**are quite tricky as some are confused with legume beans, so we're all excused.**

***True nuts are oily and grow on trees  
but peanuts aren't tree-nuts  
they're LEGUMES like peas!***



# COCONUTS



*True nuts are oily and grow on trees*





# PEANUTS

also called GROUND NUTS

*but peanuts aren't tree-nuts  
they're LEGUMES like peas!*





# PEAS

are legumes like beans

*but peanuts aren't tree-nuts  
they're LEGUMES like peas!*

# A BERRY





# **A BERRY**

is any **SOFT FRUIT** which leads from skin, then flesh to a centre with seeds.



# AVOCADOES

SKIN

from skin, then flesh to a centre with seeds.

FLESH

SEED



# ORANGES

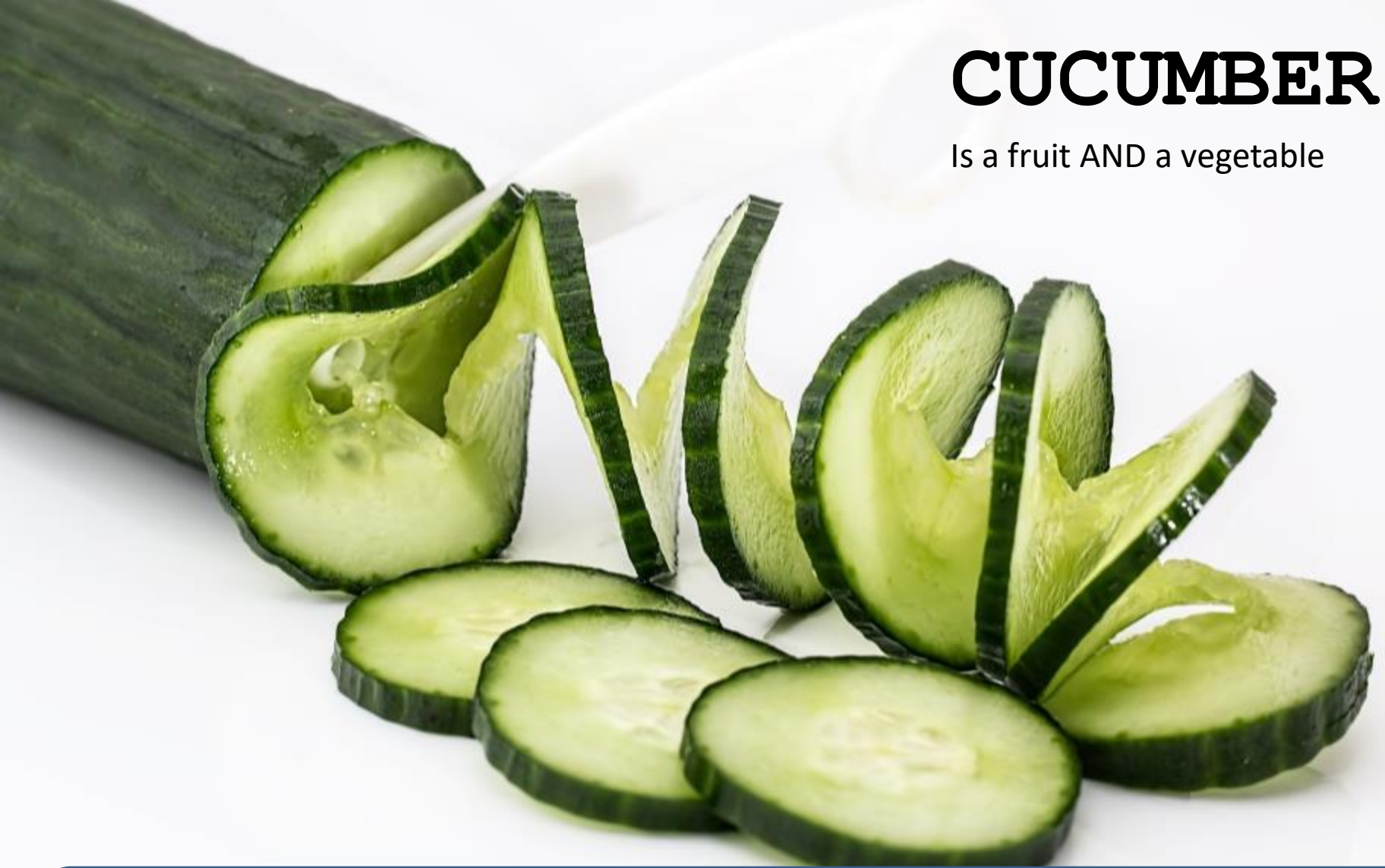
(are a citrus fruit)



***Like an orange or cucumber, grape or loquat  
but some fruits called berries are possibly ... NOT!***

# CUCUMBER

Is a fruit AND a vegetable



*Like an orange or cucumber, grape or loquat  
but some fruits called berries are possibly ... NOT!*



# GRAPES



*Like an orange or cucumber, grape or loquat  
but some fruits called berries are possibly ... NOT!*



# LOQUATS

small citrus fruit

***Like an orange or cucumber, grape or loquat  
but some fruits called berries are possibly ... NOT!***





**Now here's a BERRY  
convenient fruit ...**



**No Drama Banana** *by Celia Berrell*  
(*Musa acuminata*)

A dribble-free fruit  
without stones, pips or seeds  
whose skin will peel off  
with the greatest of ease  
revealing a pillar  
of creamy-white pulp  
which squashes to slime  
that's rewarding to gulp.


Potassium, Calcium  
Vitamin C,  
no trace of cholesterol,  
it's mostly fat-free.  
You have to admit  
that it's simply no drama  
to scoff your way through  
any Queensland Banana!




Cavendish bananas







**Bananas are BERRIES,  
but strawberries AREN'T!**  
*(if you're using the most  
correct terms for a plant)*



Those cluster-like BERRIES,  
in botanist terms  
are AGGREGATE fruit,  
tasting GREAT in all forms!



Some **FRUIT FACTS** for your possible poems:

- CHOCOLATE is made from the fruit of the cacao tree
- DURIAN is really stinky but loved in Asian cultures. Could it be chocolate's evil twin?
- MAIZE varieties can look like colourful jewels. This is the family of sweetcorn and not-so-sweet corn.
- SPICES – many famous spices come from seeds or fruit.

Can you imagine what  
*The Queen of Dried Fruit*  
looks like?



**Queen of Dried Fruit** by Celia Berrell  
(*Vitis vinifera*)

A sultan many years ago  
was lounging on his patio  
and eating grapes fresh from the vine  
that had a mellow yellow shine.



A sultan is a kind of king  
who never cleans up anything.  
He didn't finish all the bunch  
before he went inside for lunch.



The servants feared he might get ill  
then one of them he'd want to kill.  
But as he chewed he tapped his feet  
then said, *Yum-yum. They taste so sweet!*

His naughty servants didn't care  
and left the plate of grapes out there.  
With all the sun and wafting breeze  
those grapes dried to the size of peas.

*Their name's sultana, like my wife.*  
*The queen of all that's sweet in life.*  
But was it that he also knew  
she'd soon go brown and wrinkly too?

Their wrinkly skins now golden brown  
provoked the king to make a frown.  
But thinking they were some new treat  
those old dry grapes he tried to eat!



**What have you eaten?  
Perhaps we can tell  
by the way you SMELL ...**



**Notorious Asparagus** by Celia Berrell  
(*Asparagus Officinalis*)

Notorious asparagus.

A vegetable that's good for us,  
is packed with healthy vitamins  
for energy and body cleanse.

Yet infamous asparagus,  
you sometimes make a fool of us.  
Your spear-like shoots, a delicacy  
when eaten, give us smelly pee.

Asparagusic acid means  
our urine smells a queasy green.  
But fructans (carbs) within these plants  
help do away with stinky farts!



Garden Asparagus

## Did this give you some ideas?

We prefer receiving YOUR POEM when it

- rhymes
- is 1 to 5 verses (up to 20 lines) long
- contains some science

And if you are school-age, please send via a parental/adult email address so we can reply.

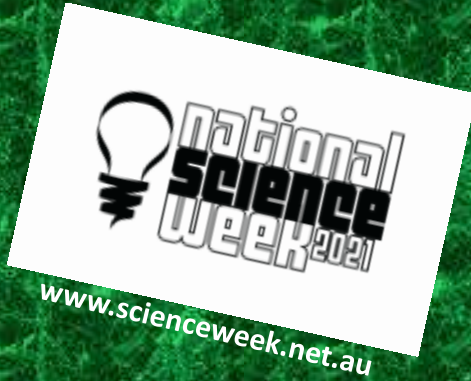
**THANKS!**

Write a poem about fruits and vegetables.

Send to [feedback@sciencerrhymes.com.au](mailto:feedback@sciencerrhymes.com.au)

by Friday 30<sup>th</sup> July 2021.





# OUR FRUIT & VEGGIE-VERSE

*This presentation DID contain NUTS!*

**Plant Anatomy - Photosynthesis - Cultivation - Seeds**

**SCIENCE RHYMES: Fussy Rainbow Eaters – Brassica Bonanza - Snivelling Onions**

**No Drama Banana – Queen of Dried Fruit – Notorious Asparagus**

**for National Science Week 2021**