



# Vegetables

Prepared:  
Issakhova Saltanat,  
Adambai Akerke,  
Ashkenova Ardak,  
Zhanusak Daurhan

# Vegetables play an important role in human life

The meaning of "vegetable" as a "plant grown for food" was not established until the 18th century



# Glossary

- ❑ **Vegetable** - is the edible part of a plant that is used in cooking or can be eaten raw
- ❑ **Potato** - is a starchy, tuberous crop from the perennial nightshade *Solanum tuberosum*
- ❑ **Carrot** - is a root vegetable, usually orange in colour, though purple, black, red, white, and yellow varieties exist
- ❑ **Tomato** - is the edible, red fruit of *Solanum lycopersicum*, commonly known as a tomato plant, which belongs to the nightshade family, Solanaceae

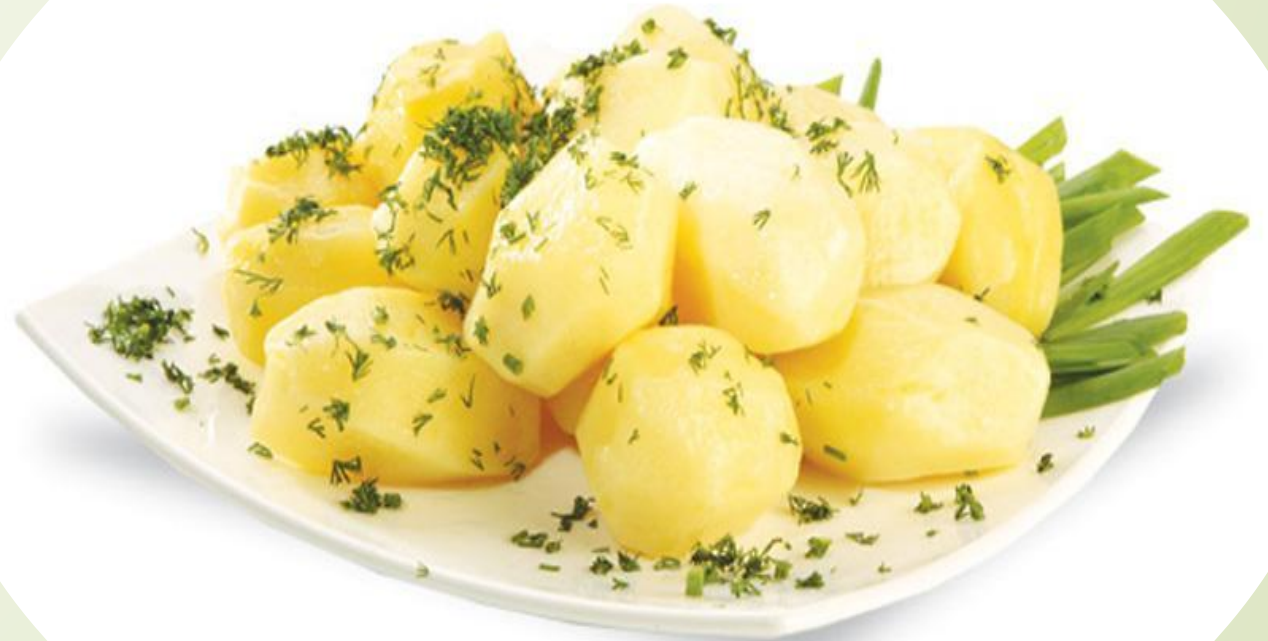
# Vegetables divide by:

- ❑ sheet greenery
- ❑ fruit
- ❑ root crops
- ❑ bulbous
- ❑ leguminous
- ❑ spicy vegetable seasonings



# Potato

Tubers of potato are important food stuff, unlike poisonous garden-stuffs. The motherland of potato is South America



# Carrot

Carrots are one of the ten most economically important vegetable crops in the world



# Tomato



The word "tomato" comes from the Spanish tomate, which in turn comes from the Nahuatl word tomat. Nutrition .A tomato is 95% water, contains 4% carbohydrates and less than 1% each of fat and protein (table). In a 100 gram amount, raw tomatoes supply 18 calories and are a moderate source of vitamin C (17% of the Daily Value), but otherwise are absent of significant nutrient content

# Questions:

- ❑ 1 What is your favorite vegetables ?
- ❑ 2 In what century the term vegetables ?
- ❑ 3 What is the motherland of potato ?
- ❑ 4 How many percents of water contain a tomato?



Thank you for your  
attention!!!

