



The Deck of Cards is one of the pedagogical tools of the Erasmus+ Project **LivingSTEM**.

Come and take a look our website:  
<https://www.livingstem.eu/en/>

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### Family Colours (1/2)

-  Vegetables
-  Fruits
-  Roots
-  Tubers
-  Herbs - aromatics










### Family Colours (2/2)

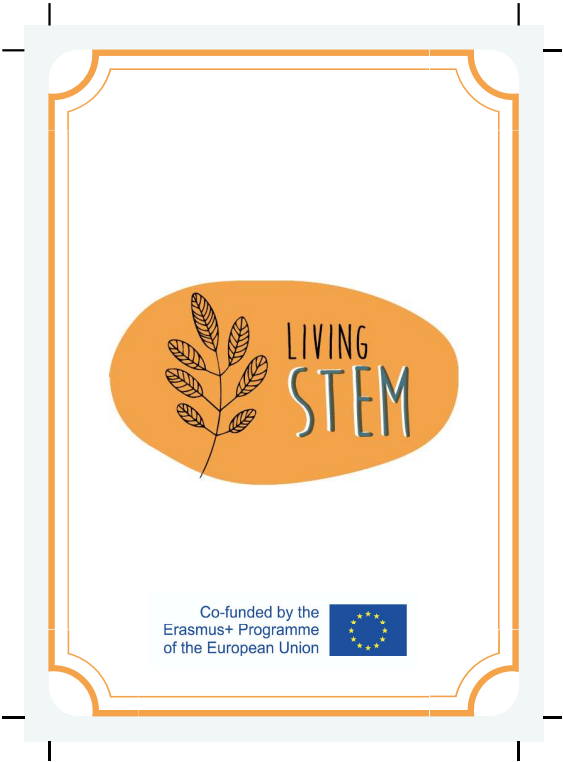
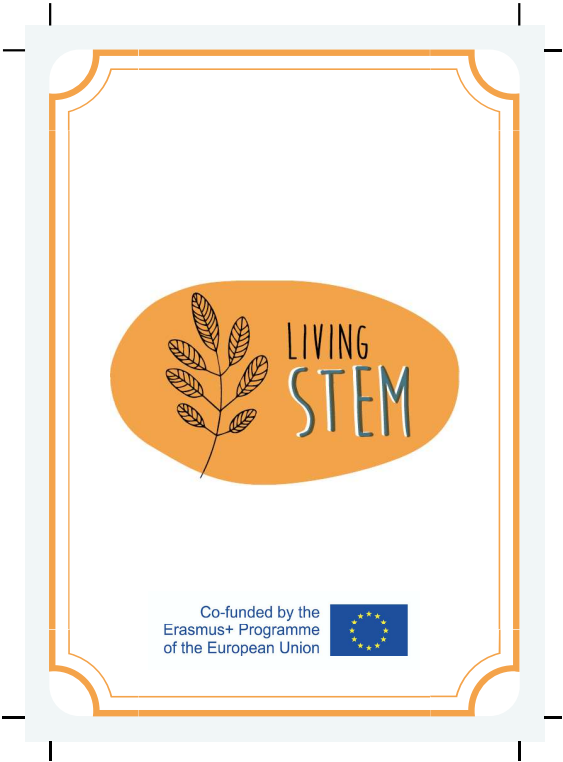
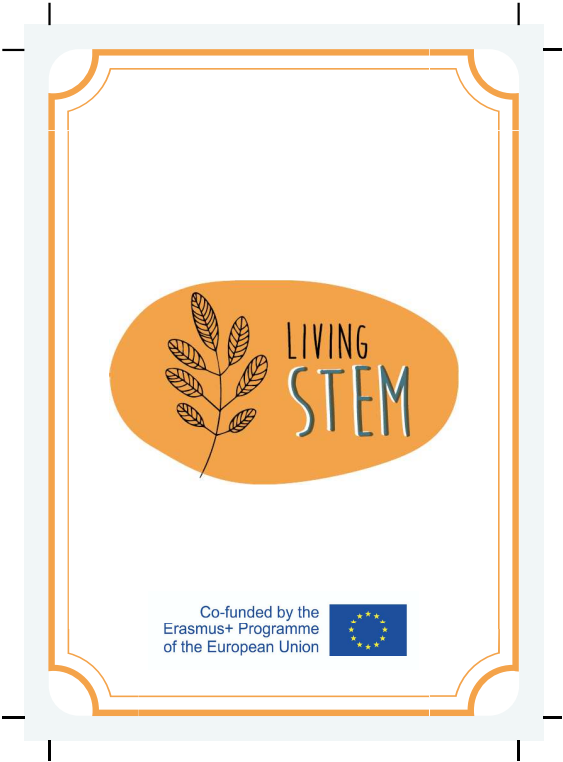
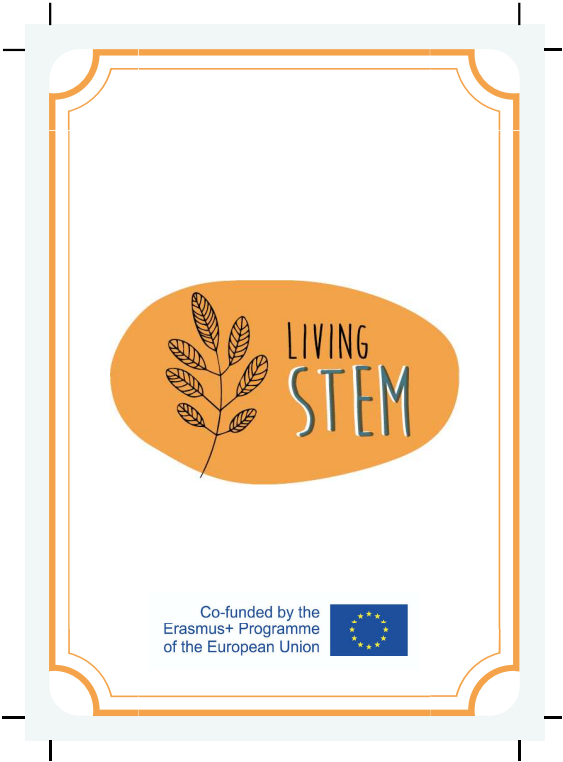
-  Seeds
-  Cereals
-  Flowers
-  Animal products
-  Slightly transformed products












### Plants Production side


-  Card number and family
-  Sun exposure
-  Watering
-  Seeding
-  Harvest
-  Type of soil
-  Plant buddies



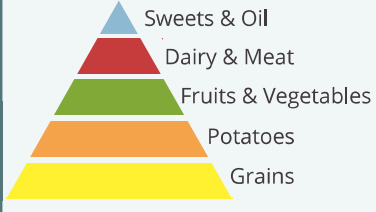



### Edible plant parts

-  The roots
-  The leaves
-  The fruits
-  The stems
-  The seeds
-  The sprouts
-  The bulbs
-  The flowers
-  Food group and nutrients



### CINDY Food Pyramid





### Edible animal parts

-  The meat
-  The milk
-  The eggs
-  Food group and nutrients





**1**




### Animal product name

**Edible Parts**





The meat      The milk


Health benefits food pyramid place and nutrients

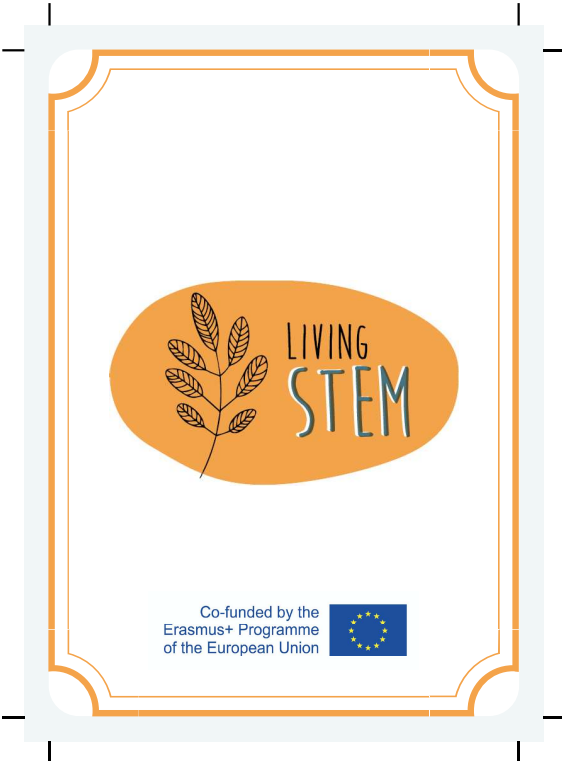
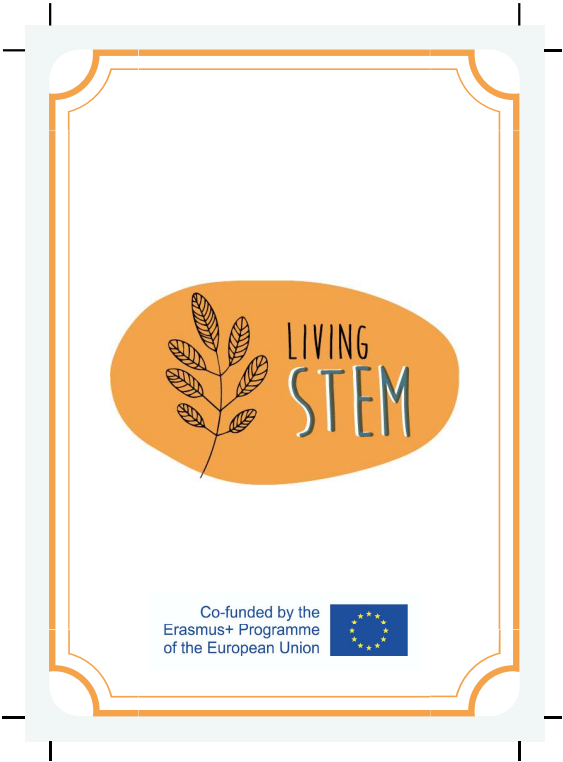
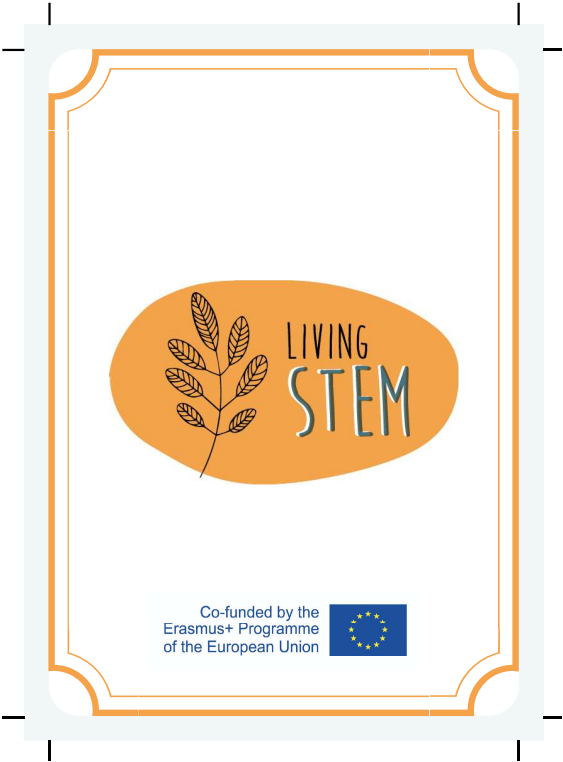
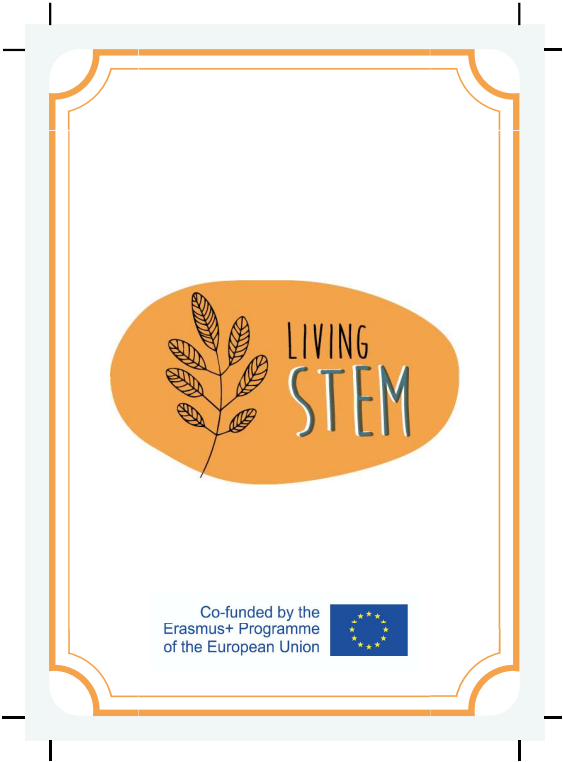


**Other uses**




Other by-products, eventual link to other card eg: milk/cheese here








**1**


**An. prod. name**  
Main info on product (specie, family, etc)



 Food/resources necessary

 Production environment

 Life span

 Origin, climate if relevant


 Usefulness, place in the ecosystem, but also ecological downsides


 **3**  **6**


**LEARNING STEM**


**1**


**Slightly transformed product name**

 Origins (add card number if available)

 Health benefits food pyramid place and nutrients


 Other by-products, eventual link to other card(s)


**Other uses** 


 **LEARNING STEM**



**1**

**S.T. product name**  
Main info on product (food type, origin)

 Usual consumption info : average quantity, consumption lifespan, etc

 Production process



 Usefulness, place in the ecosystem, but also ecological downsides


 **3**  **6**


**LEARNING STEM**


**19**

**Carrots**  
Root vegetable  
latin "Daucus carota"

**Edible Parts**  The roots  The leaves

 Carrots contain a lot of Vitamin A and carotene. They are good for the skin and hair health.

**Other uses**  Roots and leaves are also used for food and textile colouring and cosmetics.

 **LEARNING STEM**



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### Carrots

Biennials, they flower and  
give seeds the second  
year



Plant in full sunlight



Keep moist with frequent  
shallow watering



3 to 5 weeks before the last  
spring frost (Feb-Mar)



Whenever size is up to your  
taste



Need soft sandy soil



Can be grown all over Europe  
in natural soil



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### Apricots

Fleshy fruit  
Latin "Prunus armeniaca"

#### Edible Parts



Almond      Fruit's flesh      Flowers



Apricots have a high concentration of vitamin C. They are good for the immunological system

#### Other uses



Apricot is used for asthma and cough. In manufacturing, apricot oil is used in cosmetics



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### Hazelnut

Nut fruit  
Latin "Corylus avellana"

#### Edible Parts



fruit



Hazelnuts are rich in protein, monounsaturated fat, vitamin E and manganese

#### Other uses



Used in food products, perfumes, and soaps



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### Melons

Fleshy fruit  
Latin "Melopepo"

#### Edible Parts



The seeds      The fruit flesh



Rich in vitamins A and C, potassium and magnesium. They boost immune system and support healthy skin

#### Other uses



Its fragrance can be used in cosmetics



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### Pears

Fleshy fruit  
Latin "Pyrus communis"

#### Edible Parts



The fruit flesh



Source of vitamin C and vitamin K, also contains copper, potassium and manganese

#### Other uses



Commonly used in medicine, especially for mild digestion problems, and cosmetics' fragrance



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### Hazelnut

Fruit of the hazel tree



At least 4 hours of direct sunlight a day



Water weekly during dry spells



Early to late winter, fall



In autumn/fall when the husks have yellowed



Well drained and fairly low in nutrients



Turkey, Italy, Spain, France, Georgia, and United States



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121



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### Apricots

One-seeded fruit (Drupe) that grows on Apricot trees



Sunny, sheltered position



Require regular, deep watering



January in warmer climates, April in colder areas



When the colour of the skin turns yellow



Deep, well-drained soil



Armenia, China, California and Southern Australia



2

49

131

136

152



131



### Pears

Grows on medium-sized pear trees. Belongs to the Rosaceae family



Require full sunlight, at least 6-8 hours



Water regularly, once/twice a week



Late winter or early spring



Gather before they are fully ripe, while they are still green



Deep, fertile, moist, well-drained soil



Italy and Spain



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103

136



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### Melons

Sweet, edible fleshy fruit from the Cucurbitaceae family



Full sunlight



Keep plants well-watered during the growing season



Late March/mid April



When the skin turns to a creamy yellow colour



Rich, fertile moisture-retentive but well-drained



China, Turkey, Iran, and India



158

41





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### Plums



Stone fruit  
Latin "Prunus"

#### Edible Parts



Flowers



Fruit



Almonds



Contain a mix of vitamins and minerals, especially calcium, magnesium and vitamin C

#### Other uses



Dried (prunes) they are often used against constipation



75

### Lemongrass



Herbs-aromatics  
Latin "Cymbopogon citratus"

#### Edible Parts



The leaves



The stems



Contains the inflammation-fighting compounds, is also good for digestion and full of antioxidants

#### Other uses



Citronella oil, insect sprays and candles, brewing teas and in aromatherapy



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### Parsley



Herbs-aromatics  
Latin "Petroselinum crispum"

#### Edible Parts



Roots



Leaves



Stems



Rich in iron and vitamins A, C and K. It is mainly used as a condiment.

#### Other uses



May improve bone health. Parsley oil also has been used to regulate menstrual flow



110

### Sage



Herbs-aromatics  
Latin "Salvia officinalis"

#### Edible Parts



The leaves



The flowers



Contains magnesium, zinc, copper and vitamins A, C and E. May support memory and brain health

#### Other uses





As a natural cleaning agent, pesticide and ritual object. Can improve sleep, soothes anxiety




**75**


**Lemongrass**  
Herb that grows in soil indoors and outdoors


 Full sunlight



 Water regularly


 In spring

 When plants reach 30 cm

 Rich, well-draining soil

 Tropical regions of Oceania, India and Asia


 **60 66**  **113 138 149**





**138**


**Plums**  
One-seeded fruit (Drupe) that grows on Plum trees

 At least 6 to 8 hours of direct sunlight



 Water regularly to keep the soil moist


 Late winter/early spring

 Gather when the skin of the fruit feels soft

 Loamy, well-drained soil


 China, Japan, Europe, America


 **75**  **140**  **136**





**110**


**Sage**  
Aromatic herb of the mint family


 Medium to full sun



 First few weeks-twice per week. After-every week or two


 One to two weeks before the last frost

 Can be done at almost any time

 Well-draining soil. It won't tolerate wet soil


 Mediterranean region


 **119 140**  **19 92**





**89**


**Parsley**  
Biennial plant with bright green leaves


 Grows well in both full-sun and part-sun environments




 About 2-3 times per week


 10 to 12 weeks before the last spring frost

 When the leaf stems have three segments

 Moist, rich soil

 Central and Eastern Mediterranean region

 **66 121**  **58 48**  **127 56**



68



### Cloves

Seed  
Latin "Syzygium aromaticum"

#### Edible Parts



The flowers



Contain manganese, fiber, vitamins C and K. Help boost brain function and immune system

#### Other uses



Used as a spice and medicinal herb. Also can be used to create home decorations



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### Cauliflower

Vegetable  
Latin "Brassica oleracea var. botrytis"

#### Edible Parts



Hypertrophic part of the flower



Naturally high in fiber and B-vitamins. Also contains choline that is essential for learning and memory

#### Other uses

Cauliflower is also used to lose weight and improve digestion. It is known to protect against cancer.



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### Endives

Leaf vegetable  
Latin "Cichorium endivia"

#### Edible Parts



The leaves



Rich in many vitamins and minerals - folate and vitamins A and K, and is high in fiber. It also contains kaempferol

#### Other uses



Blue flowers are used raw as salad, served as a garnish, or pickled in vinegar and oil



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### Mushrooms

Vegetable Fungi  
Latin "Fungi"

#### Edible Parts



The stems and its cap



Fat-free, low-sodium, low-calorie, and cholesterol-free. They also contain fiber, vitamins, and minerals

#### Other uses



Can be used to make fuel and vegan leather



**159**

**Cauliflower**  
Vegetable that produces seed. Belongs to the Brassica oleracea

 At least 6 hours of full sun each day

 Water regularly every week

 2 to 4 weeks before the last frost

 When heads turn white, 15–20 cm in diameter

 Loose, well-drained and fertile

 China, India, the United States, Spain, Mexico and Italy

 **100** **129** **108** **78** **86** **19** **41**



**68**

**Cloves**  
Grows on the Clove trees. It takes 20 years to grow a full crop

 Prefers a semi-shaded place

 Every week, require regular watering

 From June to October

 Before unopened buds turn pink

 Well-drained, fertile

 Indonesia, Mexico, Kenya and Sri Lanka

 **34** **93**



**5**

**Mushrooms**  
Fleshy, spore-bearing fruiting body of a fungus

 Dark, cool, and humid growing environment

 Water every day

 In winter

 In 3 weeks

 Nutrient-rich compost

 China, Italy, the United States, Netherlands

 **34** **77**



**12**

**Endives**  
Leafy vegetable with a slightly bitter taste

 Full sun (at least six hours)

 Water regularly, keep soil moist, but avoid overwatering

 Early spring

 About 80 days after you plant them, but before the first frost

 Rich, moisture-retentive

 China, the United States, Spain, Italy and India

 **158** **77**



26



### Potatoes

Root vegetable  
Latin "Solanum tuberosum"

#### Edible Parts



The tubers



An excellent source of vitamin C and B, Potassium, fibre, tryptophan, manganese and lutein

#### Other uses



Fresh potatoes are baked, boiled, or fried and used in many recipes



145



### Spring onions

Vegetable bulb  
Latin "Allium fistulosum"

#### Edible Parts



The sprouts



A good source of vitamin C and calcium. Also contain dietary fibre and vitamins A and B6

#### Other uses



Used raw in salads, as a garnish or cooked as part of Asian dishes. They add a strong flavour



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### Comfrey

Herb  
Latin "Symphytum"

#### Edible Parts



The leaves



The roots



High in Vitamin A, riboflavin, potassium, manganese and dietary fibre

#### Other uses



Also used in herbal medicine to repair damaged joints and broken bones



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### Hop

Cereal  
Latin "Humulus lupulus"

#### Edible Parts



Cones



Seeds



Shoots



Can be effective in reducing stress and anxiety. Hops contains flavonoids which have potent antioxidant

#### Other uses



Primarily used in beer production. Also in other beverages and herbal medicine



**145**



**Spring onions**  
Vegetable bulb, also known as scallions or green onions

 Full sun

 Water every week regularly

 In late spring

 In 8 to 10 weeks in summer, 12 to 14 weeks in winter

 Well-drained, humus-rich soil  
China, India, and the United States



 **41** **19**



**26**



**Potatoes**  
Root vegetable, belongs to Solanaceae family

 Full sun

 Once a week

 3-4 weeks before the last frost

 Two weeks after the vines have flowered


 Light, loose, well-drained soil  
China, India, Russia, Ukraine, the United States




 **50** **91** **64** **48** **106** **139**




**82**





**Hop**  
Hops are the flowers of the hop plant  
*Humulus lupulus*


 Partial shade


 Regular watering


 Between February and April

 When cones become dry and papery


 Loamy, rich and well-draining  
Europe, western Asia and North America




 **126**





**152**





**Comfrey**  
Flowering plant in the borage family,  
Boraginaceae


 Either full sun or part shade


 Keep comfrey well-watered as it is developing


 Spring or Fall

 When the plant is about 60 cm tall

 Medium moisture, rich, well-drained soil  
Europe, Asia, North America



 **2** **103** **113**



96

### Spelt



Wheat  
Latin "Triticum Spelta"

#### Edible Parts



The seeds



Contains nutrients such as iron, magnesium, and zinc. Consuming spelt may improve heart health

#### Other uses



Primarily used to make flour. Spelt flour can be used in most recipes



33

### Chicken



#### Edible Parts



The meat      The eggs



Chicken meat contains a high level of B vitamins. Also it contains selenium, phosphorus and niacin

#### Other uses



Eggs are high in nutrition and protein. Also, contain B12, riboflavin and choline



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### Jam



Berries, grapes and other small fruits, also larger cut-up stone fruits like apricots, peaches and plums



Providing energy, lowering blood pressure

#### Other uses



The purpose of making jam is to keep fruits edible for a longer time



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### Maple syrup



Three species of maple trees are used to produce maple syrup: the sugar maple, the black maple, the red maple



Boosting immune system, helps protecting skin health and maintaining heart healthy

#### Other uses

Also used as a sweetener. Before being transformed to syrup, maple water is also drinkable as is.



33



### Chicken

A type of domesticated fowl, a subspecies of the red junglefowl



Fruits, vegetables and grains

Fresh water, fertile soil and clean air



5-10 years



The most efficient temperatures are between 20 – 24°C



Chickens are valuable for the role on the food chain and nutrition



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96



### Spelt

Spelt is a type of grain that is strongly related to wheat



Full sunlight, cannot grow in the shade



Water only on hot, dry days when the soil is dry



Mid-September



When it is yellow and the kernels break easily



Various soil types: sandy, wet, poor and non-draining



Central Europe and Spain



54



### Maple syrup

Maple syrup is made from the maple tree's watery sap



Consumed in excess, sugar may be a leading cause of some health issues



Maple syrup is made by tapping sugar maple trees, then boiling the sap to produce a thick syrup



Often used as a condiment for pancakes and waffles. Also used as a sweetener



47



### Jam

Jam is made of whole fruit cut into pieces



Usually consumed on a daily basis, have become a part of consumer daily meals



Choosing, cleaning and chopping fruits, pasteurizing the fruit, cooking



Allows to reduce fruit waste as it can be stored for long periods of time



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## Pickles



Cucumbers, acids, flavorings, colorants, preservatives, and stabilizers

134



Contain vitamin K, C and A. Also, Calcium which is good for healthy nerves and strong bones, teeth

### Other uses



The purpose is to keep cucumbers edible for a longer period of time



40



## Wax



Waxes are synthesized by many plants and animals. The best known animal wax is beeswax from honey bees



While it is not food, this by-product of honey can be used to protect food containers without any health risks.

### Other uses

It is used to make candles, protect wood or leather and as a waterproofing agent. Also used in cosmetics.



40

### Wax



Mostly made from plants or animals, Bee wax is common.



Not a food source but it is not dangerous to ingest in small quantities. Used to preserve food or food containers



Plant and animal based waxes undergo chemical modifications to produce wax that can be used for products



Some waxes are food-safe and are used, for example, to coat wooden cutting boards



3



61

### Pickles



Cucumbers that been preserved in a special solution



Since pickles contain a substantial amount of salt (sodium) it is essential that is is consumed moderately



Harvesting, preservation, processing and packaging, pasteurization and sealing



Pickling is used as a way to preserve food for out-of-season use

