





# Chapter 25 Fruits, Vegetables, and Legumes

## Section 25.3 Legumes



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• legume: a plant that has a double-seamed pod that contains a single row of seeds</li>   <li>• digestible: the nutrients, such as protein, are more available to the body</li> </ul>	<p>TYPES OF LEGUMES</p> <ul style="list-style-type: none"> <li>• Legumes are vegetables, but are treated separately</li> </ul> <p>COOKING LEGUMES</p> <ul style="list-style-type: none"> <li>• All legumes must be cooked to be digestible</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Legumes are vegetables that contain pods with a single row of seeds.</p>	