

## Lesson 2: Resource 1

# FAST FUN FACTS



Mushrooms come in all shapes & sizes, just like us.



The mushroom is neither a fruit nor a vegetable. They are a fungi.



All mushrooms come from a completely different living kingdom, the mushroom kingdom, or what we call the “3rd Food Kingdom”.



Mushrooms are versatile and can be eaten raw or cooked.



There are many varieties available in Australia.



Mushrooms are a good source of vitamins B2 and B3 and minerals (potassium phosphorus, zinc and selenium).



Mushrooms do not require sunlight to grow.



They reproduce by releasing spores from the gills (the delicate rib structures under the cap) that are carried by the wind to other areas.

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Mushrooms are made up of around 90% water.



Scientists who specialize in the study of fungi are called mycologists.



The word "fungus" is a Latin word meaning "mushroom".



It is estimated that there are at least 1.5 million different species of fungi.