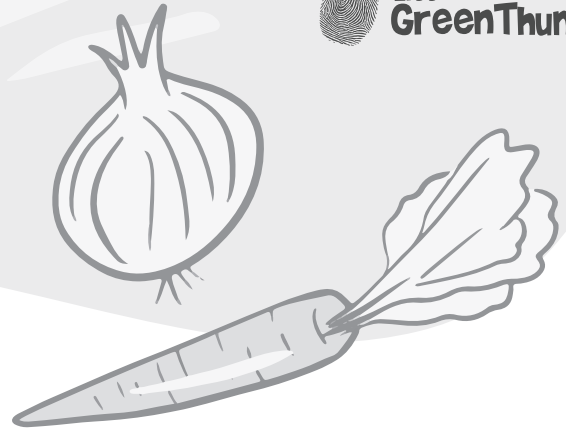


We Eat Plant Parts

Grades: K - 6

Time: 30 mins.



Lesson summary:

We eat plant parts everyday! In this lesson students will be able to identify the basic parts of a plant, as well as classify food plants according to which part of the plant they come from.

What's the big idea? ? ?

- What are the parts of a plant?
- What parts of a plant do we eat?

Outcomes or purpose:

- Students will classify various food plants according to which part of the plant they come from.

Teacher background:

The basic parts of a plant are roots, stems, leaves, flowers, fruit and seeds. There are other specialized plant parts in the list below. For example, celery and rhubarb look like stems but in botany are called petioles, which are a stalk that attaches a leaf to the plant stem. Some underground vegetables are not roots at all but are actually modified stems. These include: potatoes, garlic and ginger. Each of them are attached to roots.

Materials needed:

- Plant part diagram or a picture of a plant
- Markers or pencils
- Poster board or notebooks
- Food products



We Eat Plant Parts

Step by step instructions: Set-up

1.

Gather foods from your house to use for the sorting activity. Here are some suggestions:

- Asparagus (stem)
- Broccoli (flower, stem)
- Cabbage (leaf)
- Beans (seed)
- Corn (seed)
- Squash (fruit)
- Potatoes (underground stem)
- Onions (leaves)
- Garlic (underground stem)
- Raisins or grapes (fruit)
- Nuts (seed)
- Herbs (leaf, stem, seed)
- Parsnip (root)
- Carrots (root)
- Peas (seed)
- Celery (leaf and petioles)
- Ginger (underground stem)
- Cucumber (fruit)
- Tomato (fruit)

Step by step instructions: Discussion

1.

Gather students together for a discussion. Ask students if they ate any plants today? List the foods they mentioned on the board/poster board or have students write them down in their notebooks.

2.

Show students a diagram of a plant. Ask students to identify all of the basic parts of the plant on the diagram. (flower, leaf, stem, roots, fruit, seeds, leaves)

3.

Have students brainstorm what foods we eat from each part of the plant. Do these one plant part at a time with discussion in between.

4.

Optional: Instead of buying fruits and vegetables for display, draw columns on the board for roots, stems, flowers, leaves, fruits, and seeds and ask students to help you fill in examples of each.

Step by step instructions: Activity

1.

Break the class into groups of four or five students. Hand out a selection of food items to each group.

2.

Ask the students to name the plant part of each food item. Write all of the plant parts on the board (fruit, flower, stem, leaf, root and seed) to remind the class of the possible choices. (You might want to let them eat these food items!) Some items may be harder to determine than others.

3.

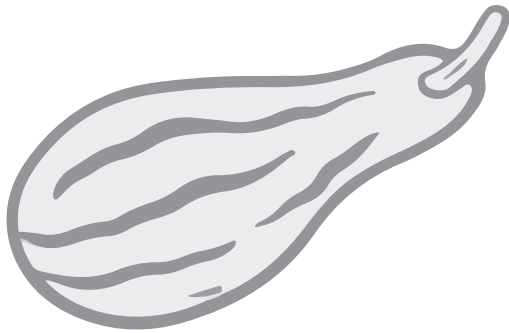
Have students share their discoveries and discuss.



We Eat Plant Parts

Discussion questions

- Have the class discuss or write in their journals two different foods for each plant part.



Expand the learning:

- Enjoy a healthy snack of plant parts. Reinforce the parts of the plant while eating snacks. ie: celery, salad, broccoli, raisins
- Have students examine packaged food items like canned or bottled foods. Read the ingredient list. Ask them to discuss which plant part(s) that particular packaged food item came from (For example: ketchup is made from tomatoes - a fruit).
- Give students a recipe of a familiar dish with multiple ingredients like soup or a casserole. Have students work together to decide on which ingredient comes from which plant parts.