

*Recommended Grade Level:*

K-2

*Season:*

Summer/Fall

Outdoor

# Plant Parts That We Eat

## **Description:**

Students will observe a plant or weed that's pulled from the ground and learn about the functions of each part. They will apply what they learn to label plant foods that they eat by the part of the plant where it grows.

## **Background:**

Food is relevant to everyone. When you connect the food that you eat to something that you study, learning sticks. Knowing more about food may help students be more willing to eat it; learning where fruits and vegetables come from may help students be willing to eat them more often!

## **Materials:**

- Plant Part Cards
- Produce Cards

## **Preparation:**

1. Determine how to group students. The students can be grouped in pairs or small groups.
2. Make copies and cut out Plant Part Cards and Produce Cards for each group. Put them in bags to make sets for small groups.

## **Activity:**

1. Gather the students and head to the garden.
2. Explain that all fruits and vegetables come from a plant part.
3. Pull up a weed or a plant or two and discuss the parts of the plant and review the functions of each plant part.
  - Roots: Take in water and nutrients and anchors the plants in the ground.
  - Stems: Transport water and nutrients through the plant like a straw.
  - Leaves: Gather sunlight for the plant to make food.
  - Flowers: Produce fruit and attract pollinators.
  - Fruit: Contains the seeds.
  - Seeds: Grow new plants.
4. Ask students to name fruits and vegetables that come from roots, stems, leaves, flowers, seeds and fruit.

5. Divide them into small groups to play a game called What Am I Eating? Students use the Produce Cards and Plant Part Cards and work together to sort the produce into the plant part that they belong to. If the weather is nice and there is workspace outdoors, students can complete this activity outside. Use the answer key to check the students' answers.

- Roots – Carrots, radish, beets, turnips, sweet potato
- Stems – Asparagus, celery, wheat
- Leaves – Lettuce, cabbage, spinach
- Flowers – Broccoli, cauliflower
- Fruit – Apples, tomatoes, green peppers, pumpkin, peaches, cucumbers, lemon
- Seeds – Coffee beans, peanuts, peas, corn

### **Tying it Together:**

1. What did we find out about plant parts?
2. What foods do we eat that come from roots? Stems? Leaves? Seeds? Flowers? Fruit?
3. What is your favorite food from a root? Stem? Leaf? Seed? Flower? Fruit?

### **Special Care:**

Number the Plant Part Cards and the Produce Cards' corresponding numbers so that the students can check their answers and self-correct through matching.

### **Digging Deeper:**

Groups of students can create a recipe using a plant part to share with the class.

### **National Standards:**

**NGSS:** Interdependent relationships in ecosystems: Animals, plants and their environment.

**NGSS:** Structure, function and information processing.

**NHES:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

### **Lesson Extensions:**

**Language Arts:** Write a composition or make a Venn diagram that compares and contrasts different parts of the plants and its functions.

Create Healthy Plant Part Posters (root power, stem power, etc.). Students will draw pictures of the produce from that plant part and list why it is good for their health.

**Nutrition:** Taste tests of different plant parts. Have students share their favorite recipe using produce from a certain plant part.

**Science:** Assign students the Plant Parts Worksheet as an in class or homework assignment.

**Literature Connections:**

*Tops and Bottoms* by Janet Stevens

*Plant Parts* by Richard Spilsbury and Louise A. Spilsbury

## Plant Parts

Label each plant part. Next to each plant part in the picture, list a food that comes from each part.

**ROOTS**

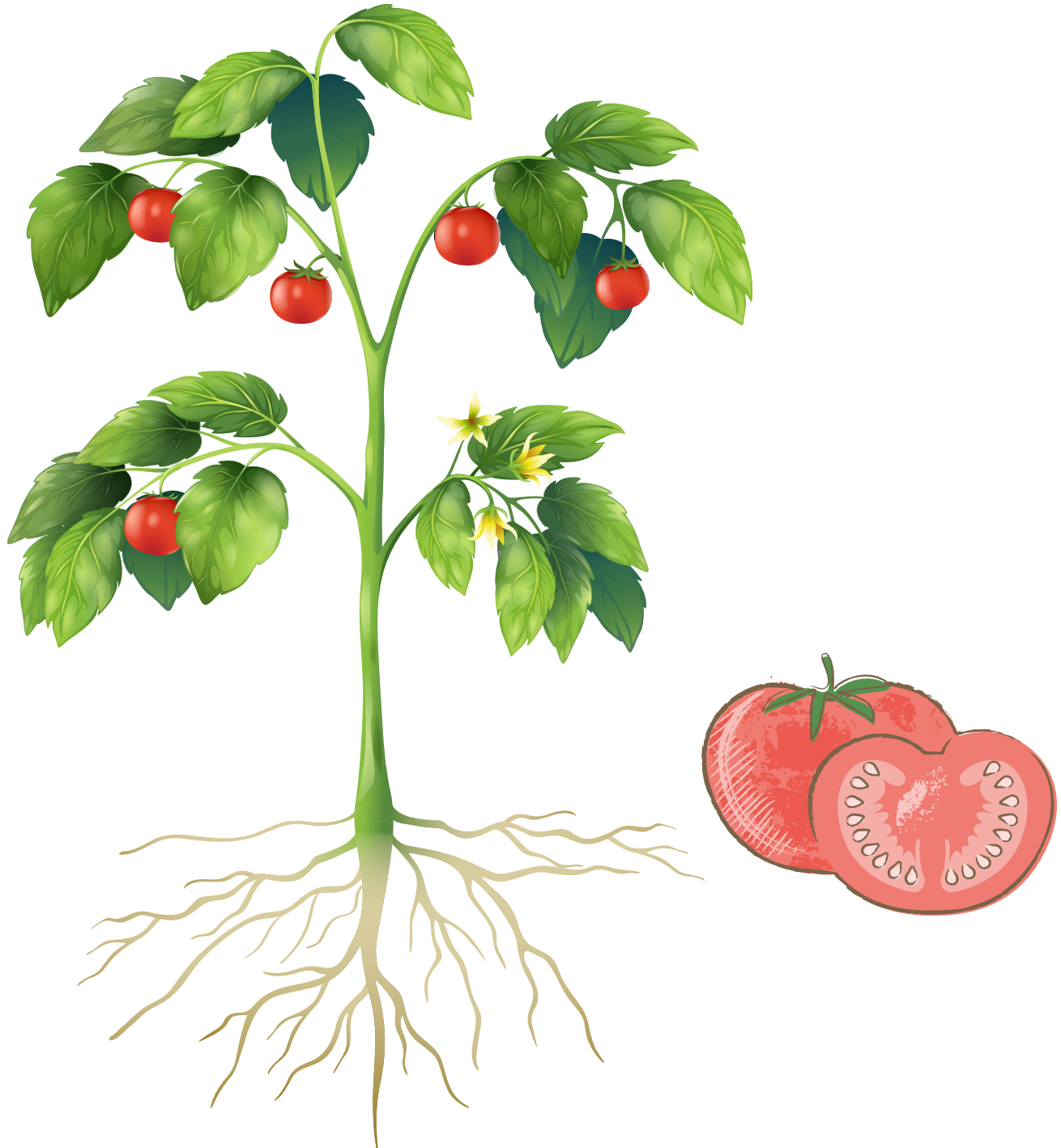
**FLOWER**

**STEM**

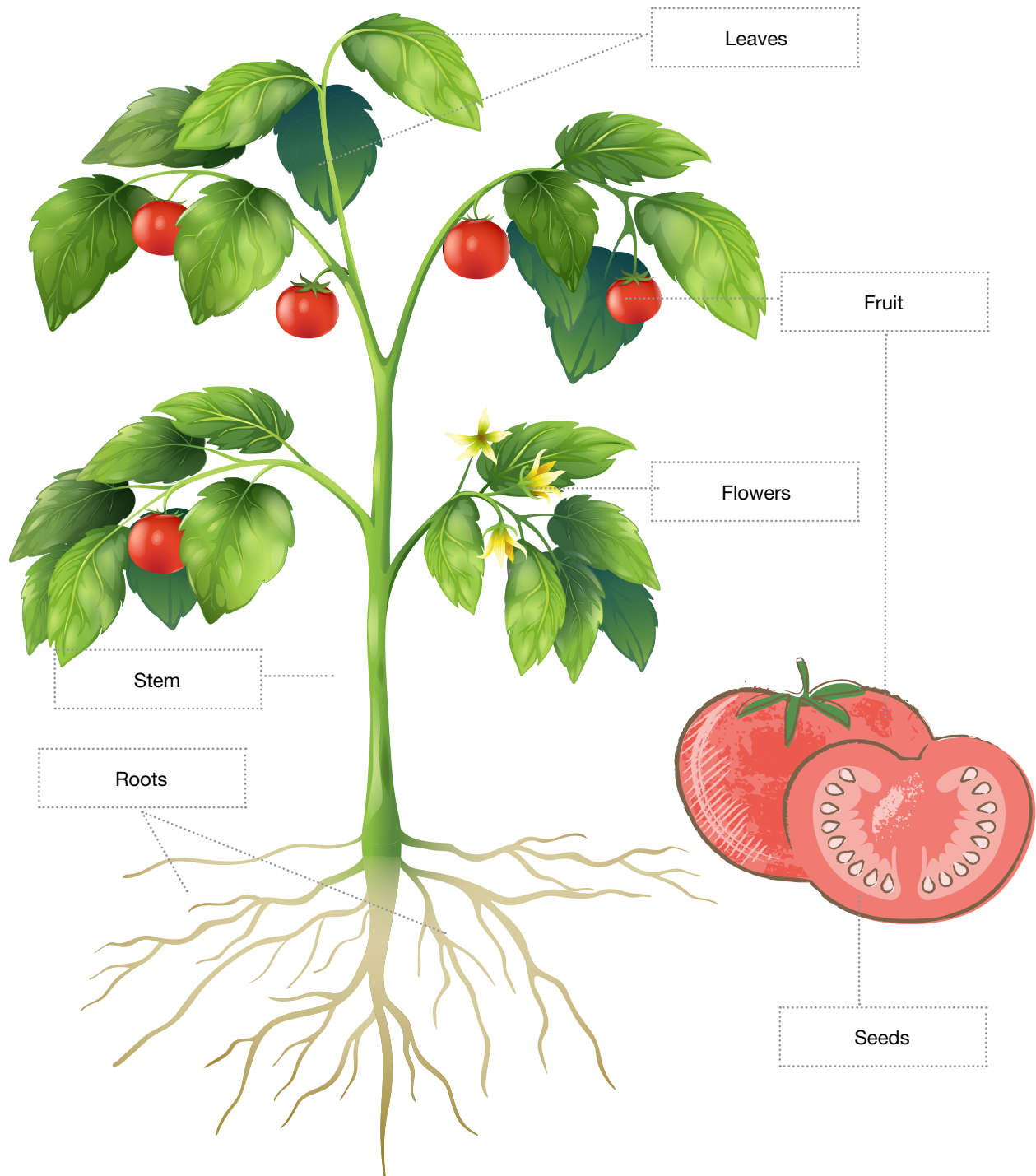
**SEEDS**

**LEAF**

**FRUIT**



## Plant Parts Answer Key



Plant Part Cards

roots

stems

leaves

flowers

seeds

fruit

## Produce Cards

 <p>Cucumbers</p>	 <p>Broccoli</p>	 <p>Carrots</p>	 <p>Lettuce</p>
 <p>Beets</p>	 <p>Cabbage</p>	 <p>Radish</p>	 <p>Lemon</p>
 <p>Tomato</p>	 <p>Turnips</p>	 <p>Spinach</p>	 <p>Green Peppers</p>
 <p>Corn</p>	 <p>Peas</p>	 <p>Pumpkin</p>	 <p>Coffee Beans</p>
 <p>Asparagus</p>	 <p>Peach</p>	 <p>Celery</p>	 <p>Cauliflower</p>
 <p>Wheat</p>	 <p>Apple</p>	 <p>Peanuts</p>	 <p>Sweet Potato</p>