



Lesson 6: Eating and Growing Vegetables

Nutrition Objectives:

1. Students will be able to identify four different parts of the plant we eat when we consume vegetables.

Supplies/Materials:

- The Vegetables We Eat by Gail Gibbons
- The Plants We Eat Reference List (reference sheet for teacher)
- Market Math worksheet (one for each student)

Lesson:

Say→ We have been talking about the amount of fruits and veggies you should eat every day.

Ask→ How many cups of fruits and vegetables should you eat every day? (*at least 2 cups of each*)

Ask→ How many of you kept track of the fruits and veggies you ate in your food diary?

Ask→ Did anyone eat at least 2 cups of fruit and 2 cups of vegetables per day?

Say→ Today we are learning about the different parts of vegetable plants that we eat and how vegetables are grown.

Ask → Can anyone name the different parts of a plant? (*root, stem, fruit, leaves, flowers, and seeds*)

Say→ Vegetables come from plants. In this book, you'll see the different parts of various vegetables that we eat.

- Read aloud The Vegetables We Eat by Gail Gibbons. Discuss the following questions. Refer back to the text and The Plants We Eat Reference List

Ask→ Can anyone name a vegetable we eat when we eat the **leaves** of the plant? (*lettuce, spinach*)

Ask→ We eat the **root** of the plant when we eat this vegetable. What is it? (*carrots, radishes*)

Ask→ If you eat this vegetable you are eating the **stem** of the plant. What is it? (*celery, asparagus*)

Ask→ What vegetable are you eating when you are eating the **seeds** of the plant? (*corn, peas*)

Ask→ Who knows which vegetable we eat when we eat the **flowers** of the plant? (*broccoli, cauliflower*)

Ask→ We eat the **fruit** of the plant when we eat this vegetable. What is it? (*tomatoes, cucumbers*)

- Explain the difference between the fruit of a vegetable plant and the fruit that we eat. Refer to The Plants We Eat Reference List.

Ask→ Is a tomato a fruit or a vegetable? (*A scientist would refer to it as a fruit because it has seeds, but we use it as a vegetable so we usually call it a vegetable.*) Refer to The Plants We Eat Teacher's Guide, "What is the Difference Between a Fruit and a Vegetable?"

Add-on: Using The Plants We Eat Reference List as a teacher's guide, bring in different fruits and vegetables. Have the students identify which plant parts they represent.

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Activity #1: Market Math worksheet (Curriculum Connection/Math) Ask the students to complete the worksheet and show all their work.

Activity #2: School Garden (Curriculum Connection/Science): If your school has a garden, have the students take turns caring for the plants so they learn about the process of making a plant grow. You can also grow plants in containers in the classroom.