



## Lesson 5: Plant Parts We Eat

### Nutrition Objectives:

1. Students will be able to identify the six different parts of the plant that we eat.

### Supplies/Materials:

- Plant Parts We Eat worksheet (one for each student; it has six pictures)
- The Plants We Eat Reference List (one for teacher)
- You Are What You Eat (one for each student)
- Kitchen Calculations (one for each student)

### Lesson:

**Ask**→Has anyone tried a new fruit or vegetable this week?

**Say**→Let's review what we learned last time.

- Refer to the A Variety of Fruits and Veggies Each Day/Girl Jumping handout and review how all the colors help different parts of the body.

**Say**→ Today we are going to learn about the different **parts** of the plant that we eat.

### Activity #1 a: Plant Parts

- Hand out the "Plant Parts We Eat" worksheet. Complete the worksheet with the students. Refer to the answer key and "The Plants We Eat Reference List."

**Ask**→ What is the difference between a *fruit* and a *vegetable*? (*The answer can be found on "The Plants We Eat Reference List."*)

**Ask**→What are the different parts of a plant?

**Say**→ A plant is made up of a root, stem, fruit, leaves, flowers, and seeds (write these 6 words on the board).

- **Root:** Holds the plant in place and takes in water and minerals from the soil.
- **Stem:** Transports water, minerals, and sugar throughout the plant.
- **Fruit:** Contains the seeds for the plant to reproduce.
- **Leaves:** Produce food for the plant through photosynthesis.
- **Flower:** Produces seeds so the plant can reproduce.
- **Seed:** Contains everything needed to grow a new plant.

**Ask**→Can anyone name the 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*)

**Activity #1 b:** Have students keep a list of all the fruit and vegetables they eat for a day. Have them name which plant part each food comes from.

**Activity #2: You Are What You Eat handout**

Review the handout and ask the students the following questions:

**Ask**→Do you eat any of these foods? Which ones?

**Ask**→Which of these foods do you think you could add to your diet?

**Activity #3: Kitchen Calculations (Curriculum Connections/Math)** review the directions and measurement tables and instruct the students to complete the worksheet.