



Lesson 7: The Plant Parts We Eat

Nutrition Objective:

1. Students will be able to identify three different parts of a vegetable plant we eat.

Supplies/ Materials:

- Tops and Bottoms by Janet Stevens
- The Plants We Eat Teacher's Guide (in the front of the binder)
- Santa Cruz Farms Reading Passage and Questions (one for each student)

Lesson:

Ask→ Has anyone eaten a new fruit or vegetable?

Ask→ What did you try?

Say→ The last time we talked about “go, slow and whoa” vegetables.

Ask→ Can anyone name an example of each and explain what we mean by “go, slow and whoa?”

Say→ Today I will be reading a book about fruits and vegetables. As I read, be on the lookout for the way vegetables are grouped by the different parts of the plant that we eat.

- Read aloud Tops and Bottoms by Janet Stevens. Discuss the following questions referring back to the text and The Plants We Eat Teacher's Guide.

Ask→ Can anyone name the vegetables we eat when we eat the **top** or the **leaves** of the plant? (*lettuce, spinach, cabbage*)

Ask→ There are other vegetables we eat the **tops** of but they are considered to be **flowers**. Can you name one? Hint: flower is part of the name of one of these vegetables. (*broccoli, cauliflower*)

Ask→ We eat the **bottom** or the **root** of the plant when we eat these vegetables. What are they? (*carrots, radishes, potatoes, beets, onions, turnips*)

Ask→ What vegetables are you eating when you eat the **middle** and the **seeds** of the plant? (*corn, peas, lima beans*)

Ask→ If you eat these vegetables you are still eating the **middle** of the plant, but you are eating the **stem** of the plant. What are they? (*celery, asparagus, and broccoli which is also classified as a flower*)

Ask→ We eat the **fruit** of the plant when we eat these fruits and vegetables. Think of fruits and vegetables that grow on vines or on trees. What are they? (*bananas, strawberries, blueberries, pears, grapes, tomatoes, cucumbers*)

Activity #1: Santa Cruz Farms Reading Passage (Curriculum Connection/Language Arts)

Read the letter about Santa Cruz Farms together and instruct the students to answer the questions in complete sentences.

Activity #2: Using The Plants We Eat List as a teacher's guide, bring in different fruits and vegetables. Have the students identify which plant parts they represent.