



## 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.

(continued)

**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.