



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*)

(continued)

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.