



Eat 'Em Up

Purpose

The purpose of this lesson is for students to review the plant parts that they eat, and choose a favorite fruit or vegetable to feature in a healthy recipe that they will share with their families. Students will work with an adult family member to prepare the recipe, and share its nutrition information as part of a home-cooked meal.

Time

Teacher preparation:
15 minutes

Student activities:
50 minutes
Homework: 1½ hours

Materials

For the class:

- ▶ Internet access

For each student:

- ▶ *Edible Plant Parts Parent Letter* (page 58)

Background Information

California farmers produce an abundance of fresh produce that provides Californians with many options for healthy meals. Fruits and vegetables are an excellent source of the nutrients students need for healthy growth and development. In order to get the recommended daily value of fruits and vegetables, the USDA recommends that children between the ages of 4 and 8 consume approximately 1 to 1½ cups of fruit and 1½ cups of vegetables per day. For children between the ages of 9 and 13, the USDA recommends 1½ cups of fruit and 2 to 2½ cups of vegetables per day. A visit to the supermarket or farmers market will showcase the variety of produce that is available and the different plant parts that are harvested for consumption.

The following list provides some examples of edible plant parts (*some foods fit into more than one category*):

Roots	Stems	Flowers	Leaves	Fruits	Seeds
Beet	Asparagus	Broccoli	Cabbage	Tomato	Corn
Carrot	Bok Choy	Cauliflower	Basil	Apple	Rice
Ginger	Broccoli	Artichoke	Bok Choy	Banana	Beans
Onion	Potato/ Sweet Potato	Zucchini	Lettuce	Strawberry	Coconut
Radish	Celery	Sunflower	Mint	Grape	Pumpkin
Potato/ Sweet Potato	Rhubarb		Spinach	Pumpkin	Sunflower
Turnip			Parsley	Zucchini	