

I CAN EAT THE WHOLE PLANT



What students will learn:

Many foods come from plants.

Vegetables and fruits are parts of plants.

Students will be able to name the five parts of plants:

Roots – the part of the plant that grows under the ground.

Stem – the main part of the plant that supports the branches, leaves, flowers.

Leaves – the flat parts of the plant that grow from the stem.

Flower – The part of the plant that makes fruit or seeds.

Seeds – A small part of the plant within the flowers. Seeds grow into a new plant.

Students will be able to name a food from each plant part.

Preparation:

In a previous lesson:

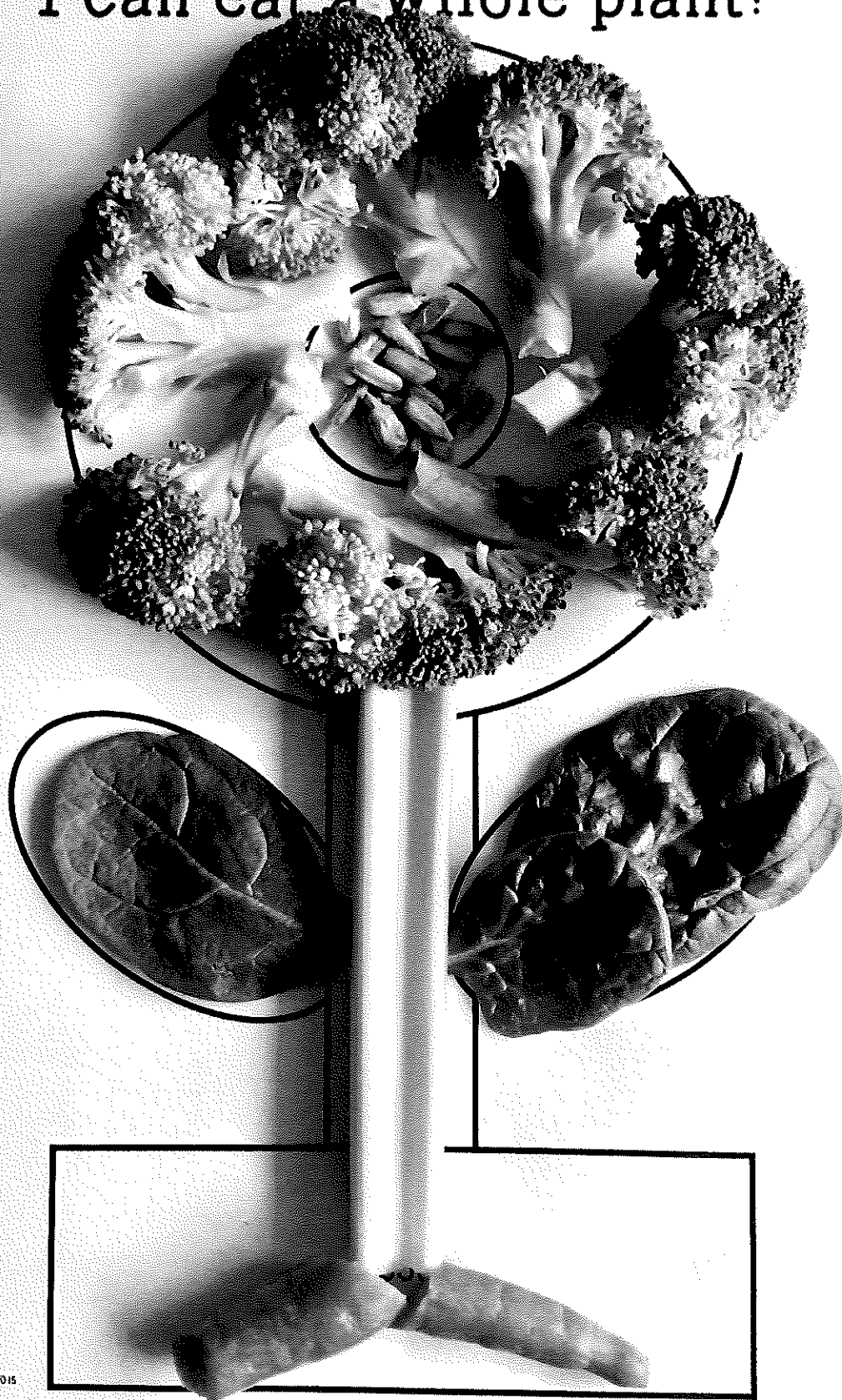
Ask students: Did you know that we can eat all parts of a plant?

Students should have some background of everyday foods that come from plants such as carrots, radishes, lettuce, spinach, squash, cucumbers, tomatoes, corn, beans, peas, broccoli, cauliflower, asparagus, celery. You'll need pictures of each plant. Tell the students that all of these foods come from plants and that many of them are grown on farms or in home gardens.

Using a diagram of a plant with the parts identified – roots, stem, leaves, flowers, seeds, explain that every plant has basically the same parts. (Can use the **I CAN EAT THE WHOLE PLANT** template.)

Tell students that each vegetable is part of a plant and help them match the plant (the picture) to the part of the plant on the diagram.

I can eat a whole plant!



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