

Kale

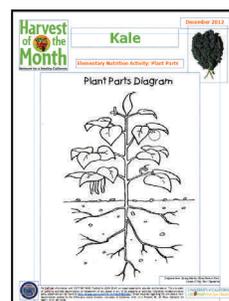


Early Elementary Nutrition Activity: Plant Parts

OBJECTIVE: Increased familiarity with kale. Increased knowledge about the botany of plants.

PREPARATION: Make copies of the Plant Parts Diagram sheet provided.

1. Distribute a Plant Parts Diagram sheet to each student.
2. Review the parts of the plant with the students.
3. List several examples of produce items on the board. (see table below for examples. Be sure to include kale. Ask the students for more ideas)
4. Review each item and ask the students where it belongs on the plant.
5. After discussing the correct answer, have the students draw or write the produce on the appropriate location of the Plant Parts Diagram worksheet.



Plant Part	Function	Example of Edible Plant Part
Roots	Pulls water and other nutrients from the soil <i>Hydrotropism-Roots grow towards water</i>	Beets, Carrots, Parsnip, Radish, Potato
Stem	Moves water and other nutrients from the roots to the rest of the plant <i>Phototropism-The stem grows toward light</i>	Asparagus, Celery, Kohlrabi
Leaves	Produces food <i>Photosynthesis-The leaves use water, air, and sunlight to make the food that the plant needs</i>	Kale , Cabbage, Lettuce, Mint, Spinach
Flower	Makes the plant's seeds	Artichoke, Broccoli, Cauliflower
Fruit	Protects the plant's seeds. Any food with seeds is called a fruit	Bell Pepper, Mandarin, Persimmon, Strawberry
Seeds	Contains an unborn plant. Seeds are usually protected inside the fruit	Beans, Corn, Peas, Rice

Kale

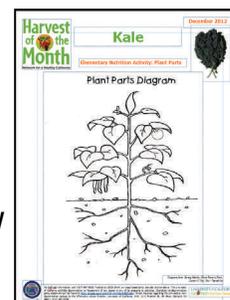


Upper Elementary Nutrition Activity: Plant Parts

OBJECTIVE: Increased familiarity with kale. Increased knowledge about the botany of plants.

PREPARATION: Make copies of the Plant Parts Diagram sheet provided.

1. Distribute a Plant Parts Diagram sheet to each student.
2. Review the parts of the plant.
3. Have students form small groups.
4. Ask the groups to brainstorm a meal that includes different parts of a plant.
5. Students should write out their meal on the back of the sheet, then draw the food items on the corresponding plant parts. (For example: Pizza, has five plant part groups: fruit (tomato, olives, bell pepper), seeds (wheat), stem (garlic), root (onion) and leaves (oregano, basil, spinach).
6. Review the correct answers with the class as each student or group presents.



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Plant Parts Diagram

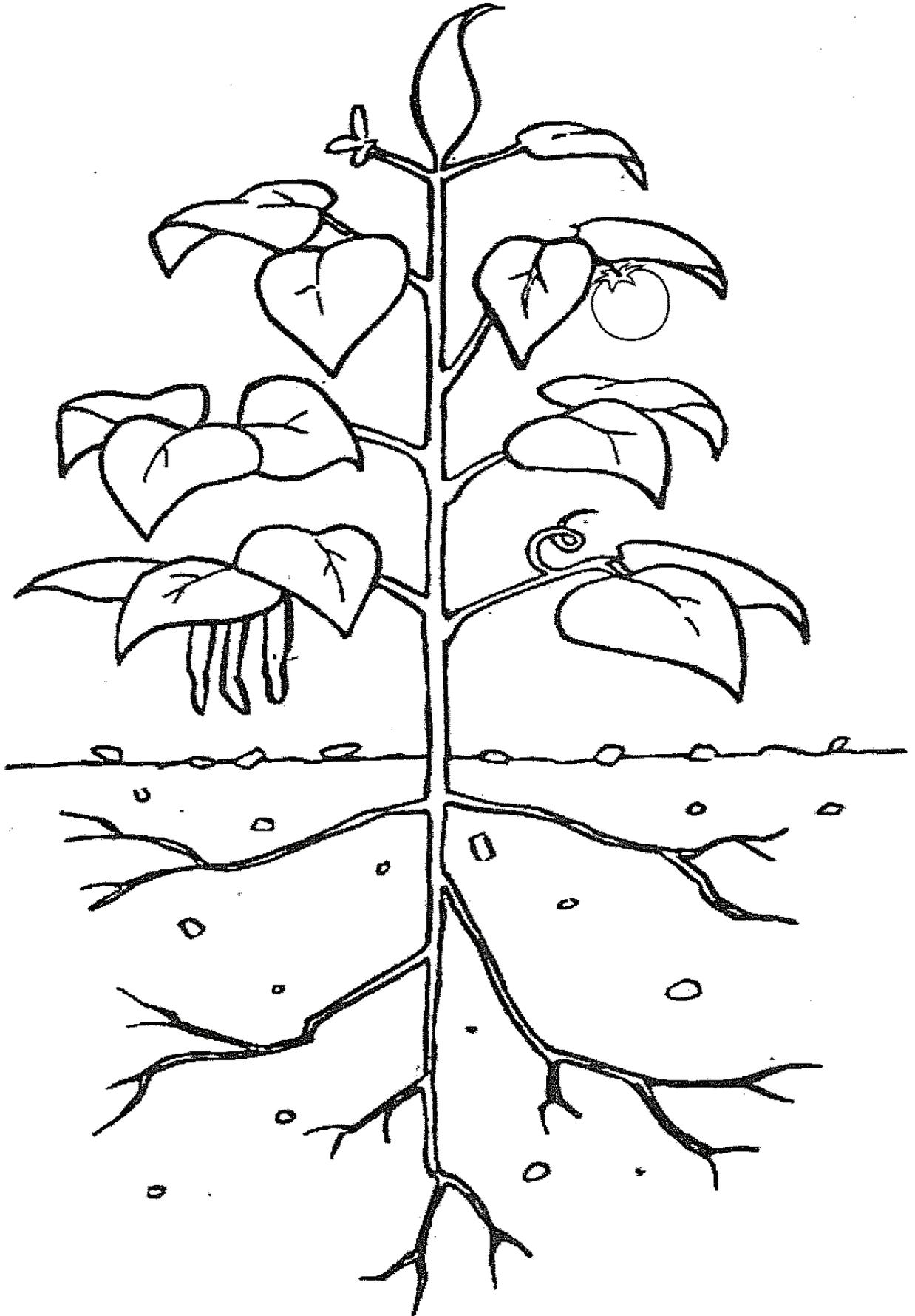


Diagram from: *Eating Healthy From Farm to Fork, Lesson 3-Vary Your Vegetables*

This material was produced by the University of California UC CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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