

## ACTIVITY 1.1 Edible Plant Parts: “What’s for Lunch?”

**Overview:** Students will learn about the six parts of a plant, their functions and learn which parts of the plants we eat.

**Lesson Background:** Plants are made up of roots, stems, buds, leaves, flowers, fruits and seeds. When we eat our fruits and vegetables we are eating one or several parts of a plant. In this lesson, students will discover and identify plant parts by eating their lunch, observing what others are eating or viewing examples in the classroom.

**Instructions:** In Advance (Optional): If you choose to provide real examples either bring in examples of fruit or vegetables (see examples in the plant chart), ask students to bring in fruits and vegetables from home or take a trip to your school salad bar.

Day One/ Morning Lesson:

1. Start by reviewing the parts of a plant and review the purposes of each part. Use the plant parts diagram to review the parts.
2. Discuss the role of each of the plant parts. Why does a plant make seeds? How do the roots help the plant get water or food? Use the definitions provided in the plant part chart to describe the uses of each part.

Day Two/ Afternoon Lesson:

3. Using live examples, review some plants and the parts of the plants they came from. Beets and carrots with leaves in tack make for good examples to show roots and leaves. A pea or cucumber with seeds shows seeds and fruit. Broccoli is a good example for buds and flowers.
4. Handout Worksheet: What’s for Lunch?. Ask students to write down the fruits or vegetables they saw. Next, ask students to answer which part of the plant they were eating. Older students can give reasons for their conclusion. For example, tomatoes are fruit because they have the seeds inside. Beets are roots because they grow in the ground. Lettuce are leaves because they are green and looks like other plant leaves.

**Extension:** Ask students to make (or draw) their own salad or pizza using as many parts of the plant as possible.

**Grade Levels:** 1<sup>st</sup> through 5<sup>th</sup> Grade

**Core Subjects:** Life Science, Nutrition and Health,

**Objective:** Students will be able to identify 7 parts of the plant. Students will see discuss the role of various plant parts and the role of vegetables and fruits in our everyday health and diet.

**Materials:** Plant Diagram, Plant Part Chart, Worksheet: What’s for Lunch?, and examples of fruits and vegetables.

**Duration:** 90 minutes (2 sessions of 45 minutes each). This can be done as a morning and afternoon lesson or over the course of 2 days.

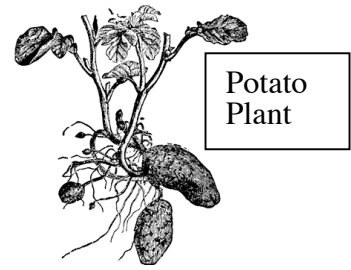
## Plant Part Chart:

PART	DESCRIPTION	EXAMPLES
Roots	Forms below ground, brings water and minerals to the plant, serves as food storage	Beets, Carrots, Radishes
Stem	Provides support for the buds and the leaves and gives the plants its form	Potatoes, Rhubarb
Bud	An underdeveloped shoot from which leaves or flowers grow. A flower bud includes a short stem with embryonic flower parts.	Broccoli, brussel sprouts, artichokes,
Leaf	The part of the plant involved in photosynthesis and transpiration. Leaves include: stoma, guard cells, epidermis, cuticles, veins, chlorophyll, and chloroplasts.	Parsley, lettuce, mint, onions, celery, chives,
Flower	The structure that contains the organs for sexual reproduction. The site where pollination occurs.	Borage, nasturtiums, calendula, violas, sage, lavender, squash flowers
Seed	Fertilized ovules grow and swell to form seeds after pollination has occurred. A seed contains an embryo, endosperm, and seed coat.	Shell peas, wheat products, coffee, oats,
Fruit	The enlarged ovary surrounding the newly developed seed is the true fruit of the plant. The fruit holds and protects the seeds.	Pumpkins, tomatoes, peaches, grapes, green beans

**WORKSHEET: WHAT'S FOR LUNCH?**

---

In the following diagram, list the fruits and vegetables you saw. Describe what they looked like and answer what part of the plant they could be.



What fruits or vegetables did you see?	What do I look like?	What part of the Plant am I?
Tomatoes	Red, Mushy, Seeds inside	Fruit
Lettuce	Green, Leafy	Leaves