

Lesson 7:

Plant Parts We Eat



Time Allotted

45 Minutes

Target Audience

Grades 1-8

Objectives

- Students will identify fruits and vegetables as parts of a plant
- Students will be able to make connections between plant part function and nutritional benefits

Materials

- Plant part manipulatives from Plant Part Key (next page)
- Pita bread or pockets (one per student)
- Salad dressing, one bottle
- Plates (one per student)
- One package of shredded or crumbled cheese (optional)
- Vegetables representing different plant parts (at least one plant per part plus enough for all students to eat in a snack pita)

Summary

Using ingredients harvested from the garden (or purchased if necessary), students classify the items and build a Plant Part Pita.

Background

Each fruit and vegetable we eat can be categorized into one of the six plant part categories. This lesson requires teachers to provide at least one example of each part we eat (see suggested materials list).

Method

1. Using the crops listed in the Plant Part Key, create Harvest Word Bank manipulatives. Cut out the words by following the dotted lines to easily create the manipulatives or have students create their own.
2. Write the column titles (plant parts) of the Mystery Harvest chart on the board or a large piece of paper. Introduce the students to the activity by telling them:
Farmer Pat has mixed up his harvests, help him to organize his crops into the correct plant part category.
As a class or in small groups, have students match the crops (see key) to the correct category.
3. To help remind students of the different plant part characteristics, pass around different fruits and vegetables for students to observe. Make sure samples are cut to display any seeds.
4. Review student answers to the Mystery Harvest chart. Explain that we will be using plant parts to make a snack.
5. If appropriate, pass out knives or graters and cutting boards for the students to assist with preparing ingredients. Assign one plant part/vegetable per student and demonstrate how to use a knife to safely cut them up.
6. Set up a “plant part buffet” with all the chopped vegetables, pita pockets, dressing, cheese, and plates. Have students assemble their “plant part pita,” identifying the plant’s parts as they add them.

Extensions

- Have students explore the crops growing in the garden. For each crop, identify the parts of the plant represented.

Mystery Harvest Key

ROOTS	STEMS	LEAVES	FLOWERS	FRUIT	SEEDS
Parsnips	Asparagus	Radicchio	Artichoke	Squash	Sunflower Seeds
Radishes	Celery	Turnip Greens	Broccoli	Bell Pepper	Pumpkin Seeds
Carrots	Rhubarb	Spinach	Cauliflower	Eggplant	Fava Beans
Beets	Hearts of Palm	Lettuce	Calendula	Cucumber	French Beans
Daikon	Bamboo Shoots	Cabbage	Squash Blossoms	Tomato	Pigeon Peas
Turnips	Broccoli Stems	Swiss Chard	Nasturtium	Tomatillo	Snow Peas
Celeriac	Ginger	Bok Choy		Zucchini	Lentils
Rutabaga	Potato	Kale		Sweet Corn	Almonds
Jicama	Taro	Collard Greens		Chili Pepper	Walnuts
		Leeks		Melon	Pecans
		Beet Greens		Citrus Fruits	Peanuts
		Nopales		Berries	
				Apples	
				Cherries	

