

Lesson Title and Summary

Parts of Plants We Eat

Children will examine the parts of plants and see vegetables, fruits, and seeds that we eat. They will sample a food from each plant part.

Learning Goals/Objectives (measurable outcomes)

Learning Goal: The children will know that vegetables and fruits are parts of plants.

Objectives:

1. The children will be able to name the six parts of plants.
2. The children will be able to name a food from each plant part.

Target Grade(s)/Age(s) and Adaptation for other Grades/Ages

Target age range: 1st to 5th grade

Adapt to different ages:

Younger Children: Talk in less detail so lesson is shorter and holds their attention.

Older Children: Discuss how the soil affects the growth of plants and our food including the difference between slow release natural fertilizers and chemical fertilizers and how chemicals such as pesticides affect the soil, plants, and animals.

Lesson Time

45-60 minutes, if less time available, eliminate the story, the song, or the planting depending on group interest and number of adult helpers.

Preparation, Space Requirements and Supply List

Supplies: Story Book (*Plant a Little Seed* by Bonnie Christensen), carrots, celery, spinach, lettuce, broccoli or cauliflower, pepper, zucchini, cucumber, sunflower seeds, peanuts, beans, seed packets of these vegetables, low-calorie ranch dressing, muffin cups for dressing, seed packets, plant parts questions from worksheet. Before the lesson, wash and cut vegetables for snack.

Lesson Plan

Intro/Engage the Students: (3 minutes)

What are some of the parts of a plant? (root, stem, leaf, flower, fruit, seeds)

What parts of plants do we eat?

Lesson Steps and Activities: (30-45 minutes)

1. **Story:** *Plant a Little Seed* by Bonnie Christensen

Show vegetables and fruits and discuss the part of the plant. Show seed packets and seeds; compare and contrast size of seed and size of foods.

Root-carrots

Stem-celery

Leaf-spinach and lettuce

Flower-broccoli or cauliflower

Fruit-peppers, zucchini, cucumber

(these are actually fruit because they have the seeds)

Seed-sunflower seeds, beans

2. **Parts of plant song** to tune of “Hands, Shoulders, Knees, Toes.” (from the internet)

Plant part riddles, children respond with the correct plant part.

- Holds the pollen and attracts the bees. (flower)
- Are the kitchens where the food is done. They breathe the air and catch the sun. (leaves)
- Anchors plant in ground. Gather water from all around. (roots)
- It gets ripe, and then falls down. It holds the seeds and feeds the ground. (fruit)
- It is buried in the earth, and the cycle starts again with a new plants birth. (seed)
- An elevator growing up from the ground, the water goes up and the sugars back down. (stem) (from *King County Food Sense, Lesson #8*)

3. **Garden tasks: plant seeds and starts and discuss how the plants will grow and what parts we will eat.**

Reflection/Review: (15 minutes)

Journaling: What are your favorite vegetables? What parts of the plant do you eat? Draw a picture of your plant and make sure it has all 6 parts.

Snack: carrots, celery, spinach, lettuce, broccoli, peppers, zucchini, cucumber, sunflower seeds and peanuts with low-cal ranch dressing.

Vocabulary

Root	Pollen/pollinate
Stem	cycle
Leaf	
Flower	
seed	
Fruit	

Lesson plan developed by Jodee Nickel, WSU Extension Food \$ense and 4-H.

