Let's Eat Some Plants!

Skill: Understanding which parts of plants are edible

Grade levels: 2-6

Materials:

- copy of the plant parts reference sheet
- example of each type of edible plant part (fruits, flowers, leaves, roots, seeds, seed pods, stems, tubers)

Introducing the lesson:

Explain to students that we eat many different parts of plants. Ask students to name the parts that can be eaten. Write each name on the board, leaving room underneath to write a list. Add any plant parts that students do not name.

Steps:

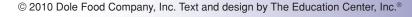
- 1. Display each edible plant part and ask volunteers to identify which part it is and what plant it comes from. Write each plant name under the correct heading.
- 2. Have each child name a plant that he likes to eat and write it under the category to which it belongs.
- 3. Using the reference sheet, name other plant parts and ask volunteers to write the names under the correct categories.
- 4. Guide youngsters to compare the number of foods in each category to determine which list contains the most and which contains the least.

Extensions:

- Ask each child to write a list of his favorite fruits and vegetables. Then have him study his list to determine which plant part is his favorite to eat.
- Ask each student to create a poster to encourage her classmates to eat her favorite plant part.







Edible Plant Parts

Fruits

Apples

Apricots

Avocados

Bananas

Bell peppers

Blackberries

Blueberries

Cantaloupe

Cherries

Cranberries

Cucumbers

Dates

Eggplant

Figs

Grapes

Kiwifruit

Kumquats

Lemons

Mangoes

Oranges

Papayas

Peaches

Pears

Persimmons

Pineapples

Plums

Pomegranates

Pumpkins

Raspberries

Strawberries

Squash

Tangelos

Tangerines

Tomatoes

Watermelons

Flowers

Artichokes Broccoli Cauliflower

Leaves

Basil

Brussels sprouts

Beet greens

Cabbage

Chard

Cilantro

Endive

Kale

Lettuce

Mustard greens

Onions

Parsley

Spinach

Turnip greens

Watercress

Roots

Beets

Carrots

Parsnips

Radishes

Rutabagas

Sweet potatoes

Turnips

Tubers

Potatoes

Yams

Seeds

Black beans

Corn

Lima beans

Kidney beans

Peas

Pumpkin seeds

Sunflower seeds

Seed Pods

Chili peppers

Green beans

Okra

Snap pea pods

Snow pea pods

Wax beans

Stems

Asparagus

Celery

Leeks

Green onions

Rhubarb

