

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

