Lesson Plans : Science

Edible PlantPrint the Activity Sheet
Grade Level: 3-4
Activity Type: Science Activity Size: Large
Objective :

Students will determine what part of a plant they are eating when they eat different fruits and vegetables.

Tips:
Let you students explore the "5 A Day Adventure Theater" on the Dole 5 A Day Adventures CD-ROM before introducing this lesson. (In the "5 A Day Adventure Theater" Pinellopy Pineapple and 41 other fruit and vegetable characters perform on stage to show students how fruits and vegetables were discovered, where they're grown, and what nutrients they contain. Movies show how each fruit and vegetable is grown and harvested.)

After your class uses the CD-ROM, reinforce what they have learned about edible plant parts through this activity.

Materials:
"What Part of the Plant Are We Eating, Anyway?" activity sheets

Introduction:
Begin a discussion by asking students about the part of the plant they eat when they eat a beet (root), a sweet bell pepper (fruit), broccoli (flower) or avocado (fruit).
Let students demonstrate what they already know about this topic by filling in their guesses on the 'What Part of a Plant Do We Eat, Anyway' activity sheet. This should be done before any answers are looked up.

Option Group/Individual Follow Up Activity:
Have students make collages of fruit and vegetable pictures that are flowers, fruits, leaves, roots, seeds, seed pods, stems and tubers.

Answer Key:
1. Artichokes = FLOWERS
2. Asparagus = STEMS
3. Bananas = FRUIT
4. Broccoli = FLOWERS
5. Carrots = ROOTS
6. Celery = STEMS
7. Green Beans = SEED PODS
8. Lettuce = LEAVES
9. Peas = SEEDS
10. Pinto Beans = SEEDS
11. Potatoes = TUBERS
12. Radishes = ROOTS
13. Snow Peas = SEED PODS
14. Spinach = LEAVES
15. Tomatoes = FRUITS
16. Yams = TUBERS (Note that yams and sweet potatoes are not the same thing. They come from different plant families. Sweet potatoes are roots and are rich in vitamin A. Yams are tubers and contain no vitamin A.)

LEAVES that we eat:

Basil
Brussels sprouts
Beet greens
Cabbages, all types
Chard
Cilantro
Endive
Kale
Leeks
Lettuces, all kinds
Mustard greens
Onions
Parsley
Scallions
Spinach
Turnip greens
Watercress

PODS that we eat:

Chili peppers
Green beans (a.k.a. Snap beans)
Okra
Sugar snap and snow peas
Wax beans

FLOWERS that we eat:

Artichokes
Broccoli

ROOTS that we eat:
Beets
Carrots
Jerusalem artichokes
Parsnips
Radishes
Rutabagas
Sweet potatoes
Turnips

SEEDS that we eat:
Beans (How many kinds can you name?)
Peas
Pumpkin seeds
Sunflower seeds

TUBERS that we eat:
Potatoes (NOT sweet potatoes)
Yams

"FRUITS" that we eat:
Apples
Apricots
Avocados
Bananas
Bell peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Cucumbers
Dates
Eggplant
Figs
Grapefruit
Honeydew melon
Kiwifruit
Kumquats
Lemons
Mangoes
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Pumpkin
Raspberries
Strawberries
Squash
Tangelos
Tangerines
Tomatoes
Watermelon