Plant Parts We Eat

Adapted from: "Stem, Root, Leaf, or Fruit?" – *The Growing Classroom*

Overview: Students will learn to identify different parts of plants and to categorize the edible parts of different fruits and vegetables.

Subject area: English Language Acquisition (ELA)

Grade level: K

English Language Acquisition Common Core Standards:

- **L.K.5A ELA**. Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.
- **L.K.5C ELA.** Identify real-life connections between words and their use (e.g., note places at school that are colorful).

Objectives: Students will be able to identify and classify the edible parts of different fruits and vegetables.

Prep time: 30 minutes

Lesson time: 30 minutes

Materials needed:

- White Board
- Various edible fruits and vegetables (optional)
- Pictures of common fruits and vegetables (attached)
- 'I Can Eat a Whole Plant' worksheet – 1 per student (attached)

Space needed: Classroom or Garden

Staff needed: 1

Teacher Background: In the culinary world, we define fruits as sweet and vegetables as not sweet. In the world of science, however, vegetables and fruits are separated differently. A fruit is the part of the plant that develops from the fertilized ovary (or from the pollinated flower), and has the seeds inside it. Under this definition, fruits include: pumpkins, cucumbers, squash, peppers, tomatoes, avocados, eggplant, apples, green beans, and anything else that has seeds inside it. "Vegetable" is not a botanical term but a catch-all category used to describe non-fruit plant parts we eat, such as celery, spinach, lettuce, and carrots.

Discussion: Have students name some plants they eat. List their responses on the board. Ask, *Do you eat the whole plant or part of it? Let's list the different parts of plants*. (Root, stem, leaf, flower, fruit,

and seed). *Do you think we eat all of these different parts? Can you name the different parts of the plants we listed that you eat?* List the part name(s) next to each plant.

Presentation steps:

1. Divide students into small groups.
2. Hand out pictures of common fruits and vegetables and the worksheets to each small group.
3. Have students sort the pictures into the plant part we eat (root, leaf, stem, flower, fruit, seed).

Conclusion: Ask the students to think about all the different types of plants in a garden. Ask, *Which is your favorite? What part of the plant is it? What is your favorite root? Favorite leaf? Favorite stem*, etc.

Fruit

Flowers

Seeds

Roots

Leaves

I Can Eat A Whole Plant!

Roots	Stems	Leaves	Flowers	Fruit	Seeds