

# What Goes in the Gumbo?

## Going into Gumbo - Lesson 2



### For the Classroom:

- Group structure - small group
- Location - in an open space
- Approximate time - 20 minutes

### Standards:

- S1L1a. Develop models to identify the parts of a plant—root, stem, leaf, and flower.

### Materials:

- [“Gumbo Recipe”](#)
- [“Gumbo Ingredients”](#) Posters
- [“Roots, Stems, Leaves”](#) Lyrics Posters
- [“Roots, Stems, Leaves”](#) song by Banana Slug String Band
- Optional: ingredients for the recipe, crockpot, rice cooker, measuring cups, measuring spoons, can opener, cutting boards, nylon knives, serving bowls, serving spoons



### Procedures:

#### 1. Engage:

- “In the African Bantu language, the name for okra is ‘kingombo.’ In Louisiana, ‘gumbo’ is the name of a dish, a stew, that features okra. Okra has a special stickiness inside that gives gumbo the perfect thick texture.”
- “Gumbo also has many other vegetables like onions, bell peppers, and celery (a common combination in many Louisiana dishes), along with tomatoes.”
- “We know that the greater variety of vegetables we eat, the more nutrients and vitamins our body gets. Today, we will see how many different plant parts will be going into our gumbo!”

#### 2. Explore:

- Display the “Gumbo Recipe” and read the list of ingredients one by one. “Show me thumbs-up/thumbs-down, have you tasted this ingredients before? Put your hand in the air if you’d like to share a memory you have of this ingredient.”
- “We are going to use what we know about the plant parts to figure out which plant part we are eating in each of the ingredients. Let’s first review the six plant parts.” Display “Roots, Stems, Leaves” Lyrics Posters and sing along with “Roots, Stems, Leaves” song by Banana Slug String Band.
- Display the gumbo ingredients or the “Gumbo Ingredients” posters. “With your partners, discuss the evidence you see and decide what plant part you think each ingredient is.”

#### 3. Evaluate:

- Display one ingredient at a time. “On the count of three, everyone whisper to me what plant part you think this ingredient is.... Put your hand in the air if you’d like to share the evidence you observed.” Select children to share. Encourage other children to snap if they agree.
- “We know that the greater variety of vegetables we eat, the more nutrients and vitamins our body gets. We will get so many vitamins and nutrients in gumbo!”

Teacher’s Note: The kidney beans and rice are seeds. Both onions and garlic are technically bulbs, or modified stems. The mushrooms are a trick - they are not a plant, they are a fungus.

Lesson Created by Jenna Mobley for Georgia Organics