

# Science Edible Plant Parts



Jenna Mobley

## Overview:

This lesson extends students' knowledge about the plant parts to the fruits and vegetables that they eat. Students will be challenged to match an image of a familiar fruit or vegetable to how it grows on the full plant. This will help them discover the function of the plant part that we consume. The lesson is extended by creating a plant parts salad or by playing a plant parts relay game.

Time Needed: 20 minutes + optional extended time

## Georgia Performance Standards:

- Life Science:
  - Kindergarten
    - SKL1c. Students should be able to group plants according to their observable features such as appearance, size, etc.
  - 1st Grade
    - S1L1a. Students should be able to identify the parts of a plant: root, stem, leaf, and flower.

## Objectives:

- Students will be able to match the food we eat to the plant it grows on.
- Students will be able to identify which part of the plant we most commonly eat.
- Students will be able to group plants according to the plant part that we most commonly eat.

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## Materials:

### From Kitchen:

- Large salad bowl
- Tongs
- Bowls and forks (1 for each student)
- *Other items dependent on teaching method*

### From Grocery Store:

- Root—Carrots, Radishes, Beets
- Stem—Celery, Asparagus, Broccoli
- Leaf—Baby Kale, Lettuce, Baby Chard, Arugula
- Flower—Broccoli, Cauliflower
- Fruit—kales, Tomatoes, Cucumbers, Oranges, Berries
- Seed—Peas, Corn, Sunflower Seeds

## Reproducibles:

- Plant Parts Cards ([Set 1](#), [Set 2](#))
- 1 Plant Parts Cheat Sheet
- [1 set of Plant Part Purpose posters](#)

## Outline:

- Engage: Match edible plant parts to the full plants
- Explore: Sort edible plant part / full plant matches by plant part name
- Explain: Brainstorm plant part purpose for plant, Sing “Roots, Stems, and Leaves”
- Extend: Make plant parts salad and/or play plant parts relay

## Lesson Plan:

- Engage (whole group / moving throughout room) - 5 minutes
  - Activate students' prior knowledge by distributing a card from the Fruit and Vegetable deck to each student. Then scatter the cards from the Full Plants deck across the tabletops. When instructed, students are tasked with finding the image of the full plant that matches their edible plant part.
  - When students have found their matches, share cards that show the images of the edible plant part and the matching full plant throughout the class to ensure accuracy.

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- Explore (independently / moving throughout room) - 5 minutes
  - Challenge students to use what they know about the plant parts (root, stem, leaf, flower, fruit, and seed) to determine how to classify their edible plant part. Specifically recognize that the fruit is a casing for a seed since many students will be familiar with the culinary definition of a fruit but may miss vegetables that fit that botanical definition of a fruit like green beans.
  - Allow students to move around the room to find other students whose plants have the same edible plant part. This will allow them to compare and contrast against each other and to self-check.
- Explain (small group / throughout room) - 10 minutes
  - When students have organized themselves by edible plant part, allow the small groups to think independently, discuss with their small group, then share with the class what purpose they think that plant part serves for the plant (specify that this is not the purpose it serves for humans which will likely be to eat, but rather how it serves the plant before we harvest it)!

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- After the small groups share their answers, the teacher can provide them with their Plant Part Purpose poster so they can sing their verse of the song “Roots, Stems, and Leaves” and see if they were correct!
  - Roots:  
“The roots hold the plant in the ground,  
They gather up the water that falls around.  
And there’s a root inside of me,  
Because carrot is a root that I eat.”
  - Stems:  
“A stem is an elevator growing up from the ground.  
The water goes up and the sugar back down.  
And there’s a stem inside of me,  
Because celery is a stem that I eat.”
  - Leaves:  
“The leaves are the kitchens where the food is done.  
They breathe the air and catch rays from the sun.  
And there’s a leaf inside of me  
Because lettuce is a leaf that I eat.”
  - Flowers:  
“The flowers are dressed so colorfully,  
They hold the pollen and attract the bees.  
And there’s a flower inside of me  
Because cauliflower is a flower I eat.”
  - Seeds:  
“The seeds get buried in the earth,  
And the cycle starts again with a new plant’s birth.  
And there are seeds inside of me  
Because sunflower is a seed that I eat.”
  - Fruit:  
“The fruit gets ripe, the falls on down  
It holds the seeds and feeds the ground.  
And there’s a fruit inside of me,  
Because an apple is a fruit I eat.”



# Science Edible Plant Parts



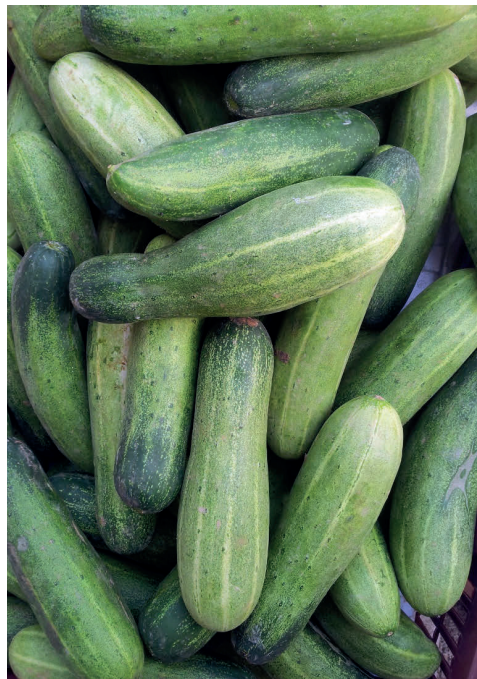
- Extend
  - Make and Taste a Plant Parts Salad (whole group / in seats) - 25 minutes
    - Ingredients (one of each):
      - Root—Carrots, Radishes, Beets
      - Stem—Celery, Asparagus, Broccoli
      - Leaf—Baby Kale, Lettuce, Baby Chard, Arugula
      - Flower—Broccoli, Cauliflower
      - Fruit—kales, Tomatoes, Cucumbers, Oranges, Berries
      - Seed—Peas, Corn, Sunflower Seeds
    - Resources:
      - [Facilitating a Taste Test \(in the Classroom\)](#)
      - [Kale Recipes for Classrooms](#)
  - Plant Parts Relay (whole group / outside) - 25 minutes
    - Place the Plant Part Name cards in a line across the field.
    - Divide the class in half and instruct each team of students to form a line across the field from the Plant Part Name cards.
    - Distribute the Fruit and Vegetable cards - half to one group of students, half to the other group of students and when instructed the first student in the line can run across the field with the first card of the deck to place the card on the Plant Part Name that corresponds to the fruit or vegetable shown on their card.
    - When they return back to their team, they hand over the deck to the second student in line and then move to the end of the line so the game can continue until one team runs out of cards.

- Evaluate

*Example Participation Evaluation*

Engage (SKL1c.)	Student participated in matching their individual Fruit or Vegetable card with their Full Plant card.	___/25
Explore (S1L1a.)	Student participated in working with classmates to group the plants by the edible plant parts.	___/25
Explain	Student actively participated in discussion of the purpose of the plant part and singing “Roots, Stems, and Leaves” to confirm hypothesis.	___/25
Extend	Student was actively engaged in the extension activity.	___/25
	TOTAL:	___/100

# Plant Cards Set 1





# Plant Cards Set 1





# Plant Cards Set 1





# Plant Cards Set 1





# Plant Cards Set 1



 **GEORGIA ORGANICS**

Elementary School

GA Standards

 20 min

[farmtoschool.georgiaorganics.org](http://farmtoschool.georgiaorganics.org)

#kickinitwithkale

# Plant Cards Set 1





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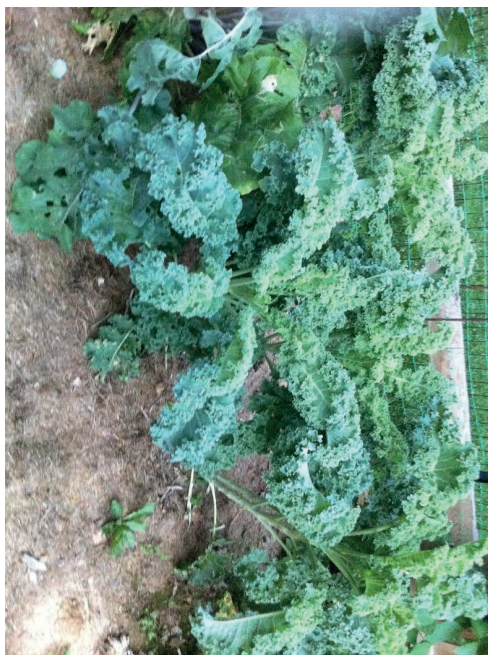


# Plant Cards Set 1





# Plant Cards Set 1





# Plant Cards Set 2





# Plant Cards Set 2



# Plant Cards Set 2





# Plant Parts Poster



The roots hold the plant in the ground,  
They gather up the water that falls around.  
And there' s a root inside of me,  
Because a carrot is a root that I eat.  
That' s six plant parts, six parts, six plant parts that people need.

# Plant Parts Poster



A stem is an elevator growing up from the ground.  
The water goes up and the sugar back down.  
And there's a stem inside of me,  
Because celery is a stem that I eat.

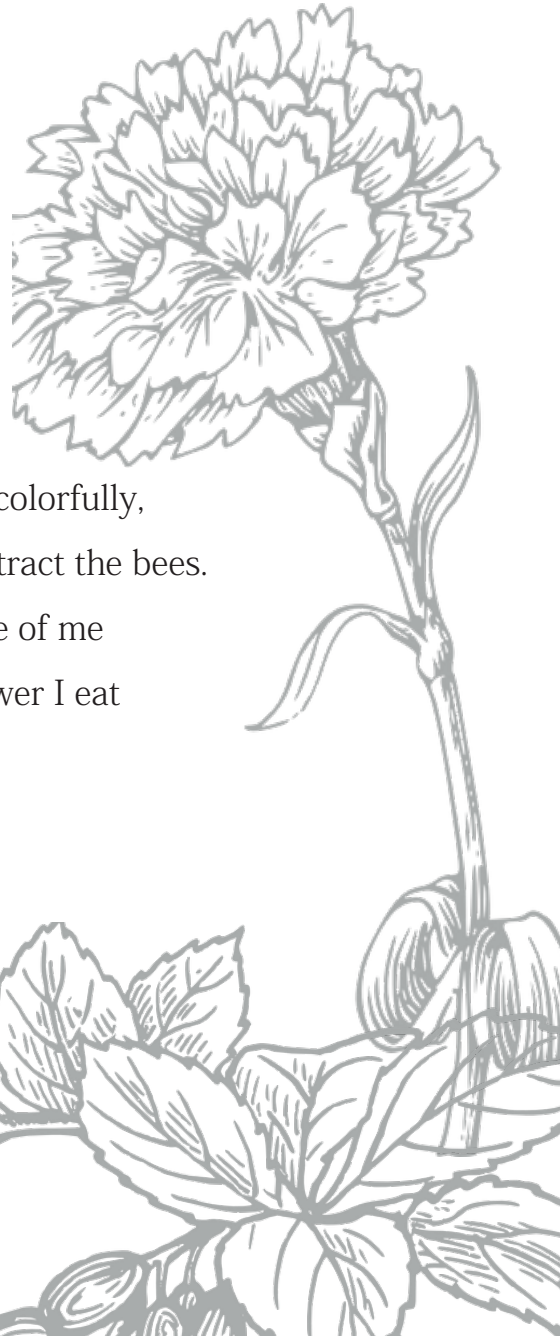
# Plant Parts Poster



The leaves are the kitchens where the food is done.  
They breathe the air and catch rays from the sun.  
And there' s a leaf inside of me,  
Because lettuce is a leaf that I eat.



# Plant Parts Poster



The flowers are dressed so colorfully,  
They hold the pollen and attract the bees.  
And there' s a flower inside of me  
Because cauliflower is a flower I eat

# Plant Parts Poster



The fruit gets ripe, then falls on down  
It holds the seeds and feeds the ground.  
And there' s a fruit inside of me  
Because an apple is a fruit that I eat.

# Plant Parts Poster



The seeds get buried in the earth,  
And the cycle starts again with a new plant's birth.  
And there are seeds inside of me  
Because a garden salad is what I eat.

