

# Taste a Plant Parts Salad

## Tops or Bottoms - Lesson 4



### For the Classroom

- Group structure - whole group
- Location - at seats
- Approximate time - 20 minutes

### Common Core and Georgia Standards of Excellence

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

### Materials

- Large bowl, tongs
- Fruits and vegetables of different edible plant parts, all washed and sliced
  - Root—Turnips, Carrots, Radishes, Beets
  - Stem—Celery, Asparagus, Broccoli
  - Leaf—Baby Kale, Lettuce, Baby Chard, Arugula
  - Flower—Broccoli, Cauliflower
  - Fruit—Summer Squash, Zucchini, Tomatoes, Oranges, Berries
  - Seed—Peas, Corn, Sunflower Seeds
- Dressing (sweet vinaigrette recommended)
- Plates, forks, napkins

### Directions

Assemble the salad in a large bowl, reviewing the plant parts as each one is added. Drizzle a light dressing and toss the salad. Distribute a serving to each child and taste the plant parts together.



Lesson Created by Jenna Mobley for Georgia Organics