



Grade Level: K-2

Essential Skills: 4, 5, 9

NGSS: K-ESS3, K-LS1, 1-LS1

CCSS: K.RL.1, K.RL.3, K.RL.10, K.SL.2, K.SL.6, 1.RL., 1.SL.2, 2.RL.2, 2.SL.2

Time: 60 minutes

Materials:

- Parts of a Plant Template 1
- Parts of a Plant Template 2
- Six lunch bags labeled with root, stem, leaf, flower, fruit and seed
- 30 fruit and vegetable cards

AITC Library Resources:

Books:

From Seed to Plant
How a Plant Grows
Seed, Soil, Sun

More Lessons:

Seed, Soil, Sun
Grow a Bean in a Bag
Growing Bracelets

Eating Plants

Description:

Students identify the structure and function of six plant parts and classify fruits and vegetables according to which parts of the plants are edible.

Activity Directions:

Activity 1: Try It!

1. Explain to students that today they will be learning about origin of our food. Read the book, *Try It!: How Frieda Chaplan Changed the Way we Eat* by Mara Rockcliff.
2. After reading, ask student the following questions:
 - a. How was Frieda successful at the market?
 - b. What types of produce did Frieda introduce market goes to?
 - c. Where did these new foods come from?

Activity 2: Plant Parts

1. Explain to students that when we are eating fruits and vegetables we are eating different parts of plants. Today, we will identify the plant parts we eat when consuming fruits and vegetables.
2. Provide each student with a copy of Parts of a Plant Template 1. Have students cut out the flowers and fold up each petal on the dotted line. As students are creating the flower, review the importance of each part listed below.
3. Twist green paper into the shape of a stem, and attach it to the back of the flower. Cut out leaf shapes, and attach them to the stem.
4. Use a hole punch to make holes at the bottom of the stem, and tie brown yarn through the holes to represent roots.
5. Have the students attach each plant part from Parts of a Plant Template 2 onto the corresponding petal.

Roots: Roots anchor the plants to the soil and help to absorb water and nutrients from the soil.

Stems: Stems support the leaves, flowers, and fruit. Stems transport water, nutrients and sugars.

Leaves: Absorb energy from the sun to make food for the plant.

Flowers: The flower attracts pollinators.

Fruit: Fruit is responsible for protecting the seeds.

Seeds: Seeds sprout and grow into a new plant.

Activity 2: Edible Plant Parts

1. Place the six paper bags labeled with the plant parts: ROOT, STEM, LEAF, FLOWER, FRUIT, SEED at the front of classroom spaced out.
2. Identify examples of roots, stems, leaves, flowers, fruit, and seeds from the book. Refer to the Plant Part Chart.
3. *Distribute a fruit or vegetable card to each student. Instruct students to determine which edible plant part is shown on their card and then place it into the correctly labeled bag.*

Roots: beets, carrots, jicama, radish

Stems: asparagus, potato

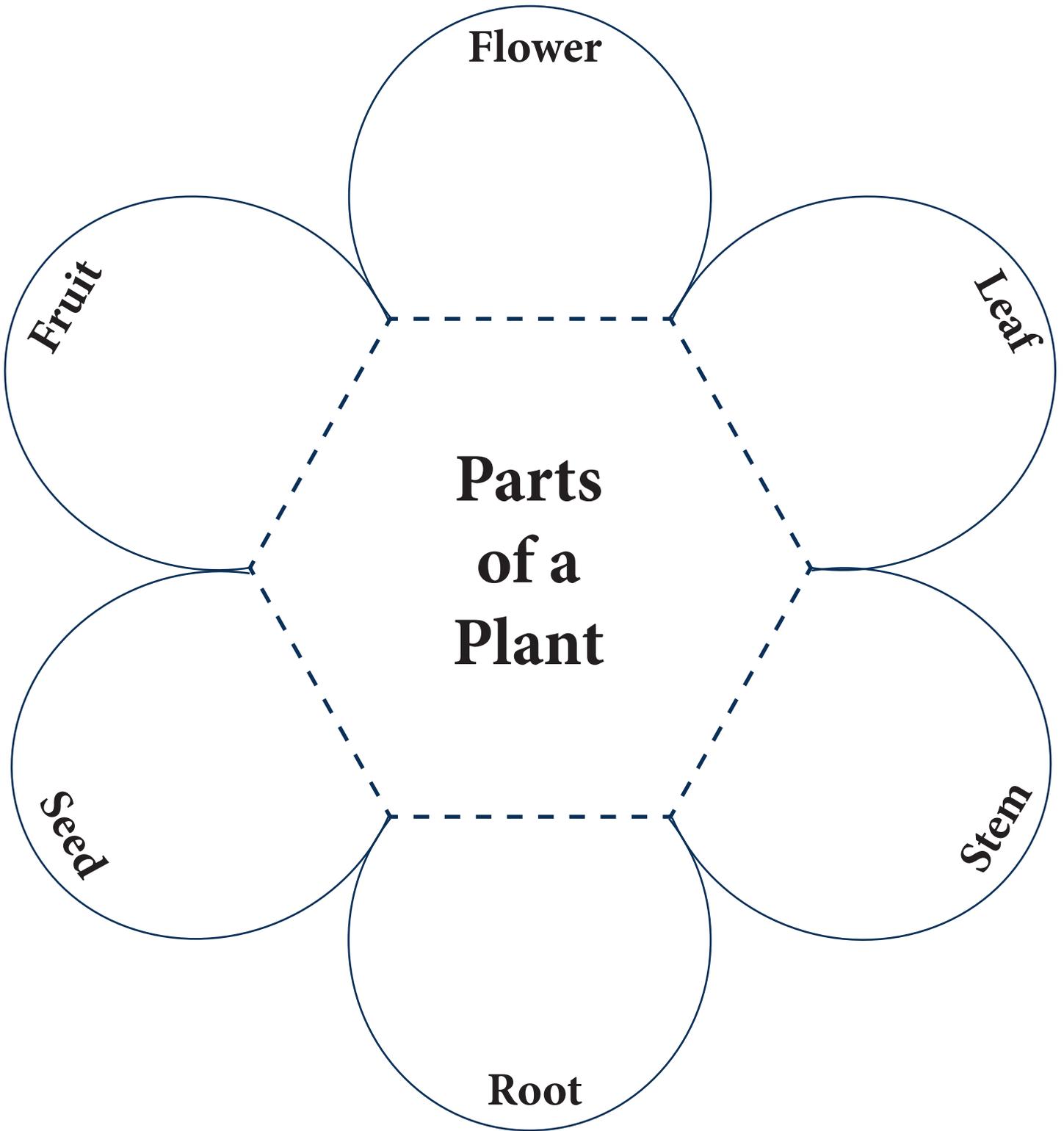
Leaves: cabbage, celery, lettuce, onion, rhubarb, spinach

Flowers: artichoke, broccoli, cauliflower, cucumber

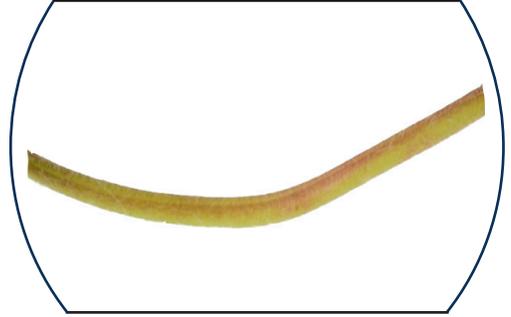
Fruit: apples, avocado, cherries, grapes, kiwi, mango, strawberry, tomato, watermelon

Seeds: bean, corn, peanut, snap peas, sunflower seeds

Parts of a Plant Template 1



Parts of a Plant Template 2



Plant Part Chart

apricot (fruit)
 artichoke (flower)
 avocado (fruit)
 apple (fruit)
 asparagus (stem)

Aa

blueberry (fruit)
 brussels sprout (leaf)
 bean (seed)
 beet (root)
 broccoli (flower)
 banana (fruit)

Bb

currant (fruit)
 corn (seed)
 celery (leaf)
 cucumber (fruit)
 cabbage (leaf)
 cauliflower (flower)
 cherry (fruit)
 carrot (root)

Cc

date (fruit)



Dd

endive (leaf)
 eggplant (fruit)



Ee

fig (fruit)



Ff

gooseberry (fruit)
 grapefruit (fruit)
 grapes (fruit)



Gg

huckleberry (fruit)



Hh

Indian corn (seeds)



Ii

jalapeno (fruit)
 jicama (root)



Jj

kumquat (fruit)
 kiwifruit (fruit)
 kohlrabi (stem)



Kk

leek (leaf)
 lemon (fruit)
 lettuce (leaf)
 lime (fruit)



Ll

melon (fruit)
 mango (fruit)



Mm

nectarine (fruit)



Nn

okra (fruit)
 orange (fruit)
 onion (leaf)



Oo

peach (fruit)
 pineapple (fruit)
 pear (fruit)
 papaya (fruit)
 plum (fruit)
 persimmon (fruit)
 pomegranate (fruit)
 parsnip (root)
 potato (stem)
 pea (fruit)
 pepper (fruit)
 pumpkin (fruit)

Pp

quince (fruit)



Qq

rutabaga (root)
 raspberry (fruit)
 radish (root)
 rhubarb (leaf)
 radicchio (leaf)

Rr

swiss chard (leaf)
 spinach (leaf)
 star fruit (fruit)
 strawberry (fruit)



Ss

turnip (root)
 tangerine (fruit)
 tomato (fruit)



Tt

ugli fruit (fruit)



Uu

vegetable marrow (fruit)



Vv

watermelon (fruit)
 watercress (leaf)



Ww

xigua (fruit)



Xx

yam (root)



Yy

zucchini (fruit)



Zz