

Grade K-2 or 3-5 Nutrition Lesson 3: PARTS OF A PLANT

Overview

In this lesson, students learn more about the parts of a plant and what fruits and vegetables come from each plant part (root, stem, leaves, flower, and fruit). Each part of the plant has its own important job. The roots help the plant stay in the ground, store energy, and help get water from the ground into the rest of the plant. The stem is the strong middle part of the plant and helps it stand up straight. The leaves come out of the stem and help the plant make energy from the sun. Leaves also have veins that bring nutrients to different parts of the plant. The flower is the colorful part of the plant, fruit can grow from a plant's flower. Fruit can also grow out of the stem of the plant. All fruit contains seeds so future plants can grow; every plant starts from a seed. We eat fruits and vegetables that come from each part of the plant. We eat roots like potatoes, carrots, and onions; stems like asparagus or celery; leaves like lettuce and spinach; flowers like broccoli, cauliflower, and artichokes; and fruit like apples, oranges, and bananas. Thinking about what part of the plant you are eating can make eating different fruits and vegetables more fun.

Plants are important foods for us to eat more of and are essential for keeping the Earth healthy as well.

Behavior Change Objective:

As a result of this lesson, students will eat a larger variety of fruits and vegetables by choosing types that come from different parts of the plant (root, stem, leaves, flower, and fruit).

Learning Objectives:

Students will be able to:

- Identify the 5 different parts of the plant: roots, stem, leaves, flower, fruit.
- Identify and recite fruits and vegetables that come from each part of the plant (example: potato is from the root).
- Apply the concept of eating all parts of the plant by assembling a plant out of fruits and vegetables.

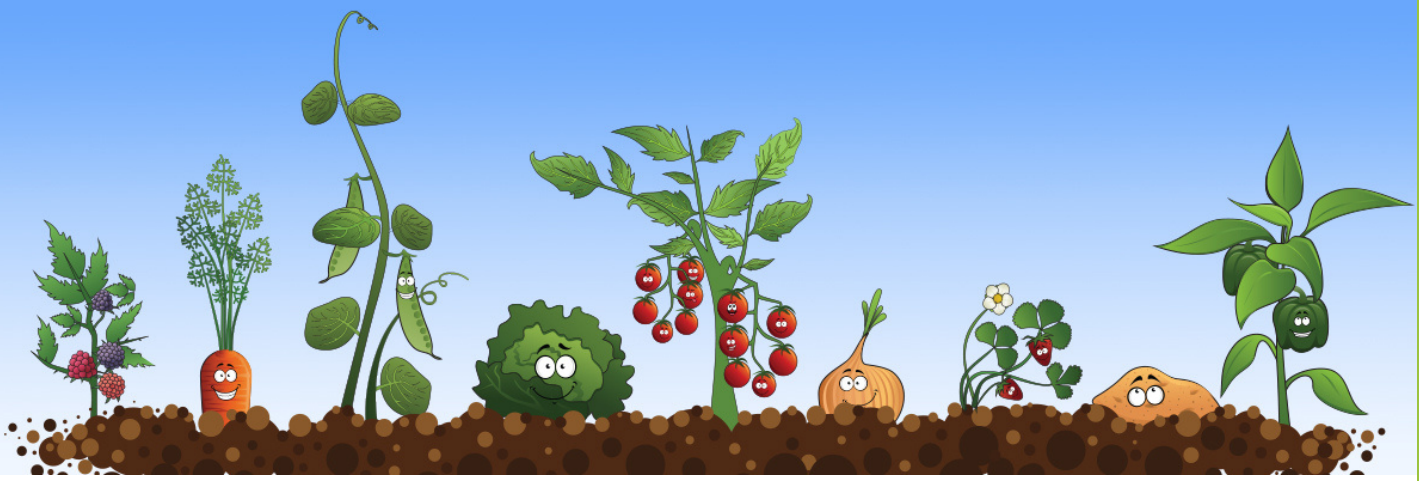
Keywords:

Roots, Stems, Leaves, Flowers, Fruits

Educational Standards:

US NJ: 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.1, 2.1.P.B.2

NHES: 1.2.1, 1.2.2



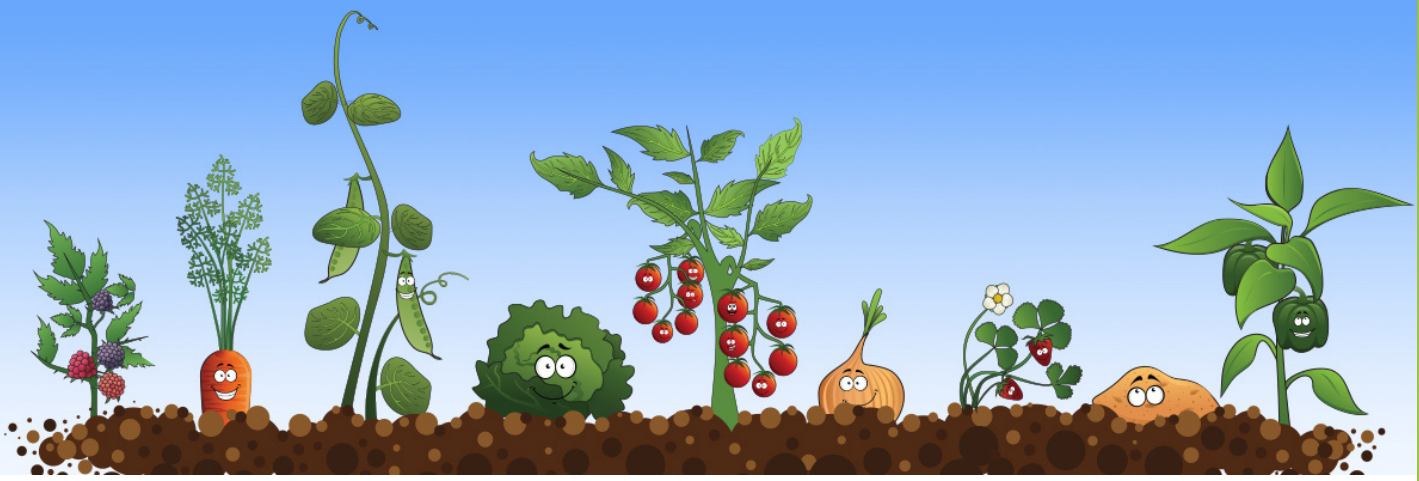
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Materials

- Videos:
 - Video Three: Parts of a Plant
 - Kitchen Demo: Parts of a Plant
- Kitchen Equipment and Ingredients to make a fruit or vegetable “plant” if doing as in-class activity.
- Kitchen Equipment: water and paper towels to wash and dry the fruit and vegetables, child-safe knives, cutting boards/plates
- **Ingredients:** at least one fruit or vegetables from each of these groups (root, stem, leaves, fruit, flower). **Optional:** hummus or low-fat ranch for students to dip & eat plant parts
- **Roots:** onions, potatoes (white or sweet), carrots, ginger, turnips, radishes, beets, fennel, etc.
- **Stem:** celery, asparagus, rhubarb, etc.
- **Leaves:** spinach, lettuce, kale, cabbage, chard, arugula, etc.
- **Fruit:** pumpkin, eggplant, squash, cucumber, tomato, apple, orange, banana, bell pepper, etc.
- **Flower:** broccoli, artichoke, cauliflower, dandelion flower, chive flower, etc.

Before You Begin

- Review the entire lesson.
- Draw, print, or display an image of a plant that shows the following parts: roots, stem, leaves, flower, and fruit – see attached
- Set up AV equipment and provide space for film viewing.
 - There are two videos to be shown: Video Three: Parts of a Plant, and “Kitchen Demo: Parts of a Plant.”
- Making and Eating a Plant activity:
 - If you plan on having students make and eat their own plant as an in-class activity, set out cooking equipment and ingredients necessary. See materials list for all items needed



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Procedure

- **Introduce the 5 Parts of a Plant:** Begin the lesson by displaying a picture of a plant that shows the following plant parts: roots, stem, leaves, flower, and fruit. Have the students name each part of the plant. Tell the students that plants are very important for keeping our planet and also our bodies healthy. We know that we should be eating more plants, and plants of all colors, but did you know that we should also be eating plants that come from different parts like the roots, stem, leaves, flower and fruit? Ask students to give examples of fruits and vegetables that come from each plant part. Tell the students that next they will learn more about the parts of a plant and different fruits and vegetables that come from each plant part by watching a video.
- **Show video titled: Video Three: Parts of a Plant:** This video will teach the students about the five parts of a plant: the roots, stem, leaves, flower, and fruit. It will also discuss examples of fruits and vegetables that come from each part of the plant and easy ways to identify each.
- **Create and eat a "Plant":** Show the video entitled: "Kitchen Demo: Parts of a Plant". This video will review the learning concepts in Video Three: Parts of a Plant as well as show the students how to make a snack step by step that contains fruits and vegetables from each part of the plant.

Activities and Resources to Extend this Lesson:

Resources:

http://counties.agrilife.org/comal/files/2011/08/plantpartswheet_21.pdf

<https://thestemconnection.org/wp-content/uploads/2019/05/Plants-We-Use-and-Eat.pdf>

READ ALOUD BOOKS

Plants Plumbing A Book About Roots and Stems By: Susan Blackaby