

Eating Plants

The fruits and vegetables we eat come from parts of plants. Flowering plants have six main parts—roots, stems, leaves, flowers, fruits, and seeds. Each plant part serves a different function.

Not all roots, stems, leaves, flowers, fruits, and seeds are edible and some may even be harmful to humans if eaten. We eat fruits and vegetables from farms, orchards, and gardens, but do not eat wild plants unless a trusted adult is confident that the plant parts are safe to eat.

Materials

- [Parts of a Plant Video](#)
- [Parts of a Plant Templates 1 & 2](#)
- Green paper, 1 sheet
- Hole Punch
- Brown yarn
- Scissors
- *Eating the Alphabet* by Lois Ehlert or [Plant Part Chart](#)
- Carrots, asparagus, spinach, broccoli, berries, and sunflower seeds

Vocabulary

flowers: contain the parts of the plant necessary for reproduction

fruit: the part of the plant that contains the seeds

leaves: use energy from sunlight to carry out photosynthesis

roots: act as an anchor, holding the plant in place

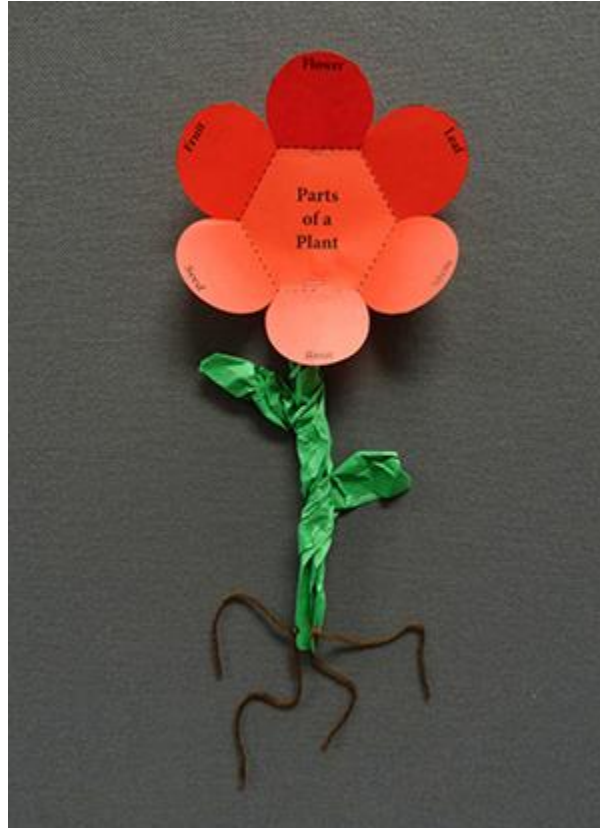
seeds: grow into new plants

stems: provide support for leaves, flowers, and fruit

Activity

1. View the [Parts of a Plant Video](#).
2. Cut out the flower of the [Parts of a Plant Template 1](#) and fold up each petal on the dotted line.
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. Cut out the plant parts from [Parts of a Plant Template 2](#). Using the PowerPoint as a reference, attach each plant part onto the corresponding petal.



6. Read *Eating the Alphabet* by Lois Ehlert or refer to the [Plant Part Chart](#) to identify examples of roots, stems, leaves, flowers, fruit, and seeds we eat.
7. Model the parts of a plant by creating edible plant art. Wash your hands and use carrots to make the roots of the plant, asparagus to make the stem, spinach to make the leaves, broccoli to make the flowers, berries to make the fruit, and sunflower seeds to make the seeds.
8. Label each part of the plant.
9. Photograph your edible creation before enjoying your artwork as a snack.

