**What Parts of a Plant Do We Eat?**

**Goal**: Learning about the variety of plants that we eat and what parts of them are edible.

**Anticipatory questions**: Would you eat a flower for lunch? Or a leaf? How about a stem? A root? Do we eat like a cow, or a mouse or a bird? Sometimes!

**Introduction**: We do eat flowers and leaves and stems and roots and seeds when we are eating vegetables and fruits. You probably know that lettuce is a leaf. Did you know that broccoli is a flower? Or a potato is a tuber that grows underground? How about celery? Or corn? What does it look like to you? Let’s talk about the food we eat and different parts of plants that they come from.

**Lesson preparation**: Collect and laminate photos of various vegetables and fruits that demonstrate the parts of plants that are edible. Make signs labeled Seed, Leaf, Stalk or Stem, Flower, Roots & Tubers to mark the piles where the images will be sorted by the students. If any real examples are available from the garden, use them as well.

**Lesson**: We are going to show you some pictures of vegetables and fruits and tell you what part of these foods are edible. Display images of lettuce, carrot, broccoli, cauliflower, corn, celery, rhubarb, spinach, potatoes, tomatoes, onion, green onion, apple, peas, etc. Try to find a few examples of each category of edible part. After discussing the edible parts of each fruit or vegetable, hand out a random mix of images to each student (or team of students) and ask them to guess what part of plant we eat. Have them sort the images into piles of, such as those foods that we eat that are seeds, leaves, stems, roots & tubers and flowers.









