

# WHAT PART OF THE PLANT DO WE EAT?



## General Introduction:

We eat fruits and vegetables everyday. They are an essential part of our diet. These fruits and vegetables come from plants. Did you know however, that each fruit or vegetable comes from a different part of the plant? This module's aim is to allow students to discover which parts of the plant they're eating everyday.

**Duration:** 45 minutes

**Season:** Spring and Fall

**Level:** Primary, cycle 1, years 1 and 2

## Guiding Questions:

**Preparation:** What are differences between fruits and vegetables?

**Development:** Which parts of a plant are edible and in which family these plant belong to? Explain.

**Integration:** What are some ways of including different parts of the plant in our daily meals?

**Broad Area of Learning:** Environmental Awareness and Consumer Rights and Responsibilities

**Educational Aim:** To encourage students to develop an active relationship with their environment while maintaining a critical attitude towards exploitation of the environment and consumer goods

**Focus of development:** Awareness of social, economic and ethical aspects of consumption

## MELS Progression of Learning

Living Things

A. Matter

2. Organization of Living Things

e. Describes the anatomy of plants (roots, stems, leaves, flowers, fruits, seeds)

f. Associates the parts of a plant with their general functions (roots, stems, leaves, flowers, fruits, seeds)

### Fruit Fact:

**Durian, a fruit from the durian tree, is the worst smelling fruit in the world.**

**In Asia, they are often banned from public places because their odor is so terrible.**

### Background Information:

When we eat corn and peas, we're actually eating the seed of a plant. Radish, carrots and potatoes are roots. All the fruits and vegetables that we consume are the edible portion of a plant. The fruits and vegetables that we eat are either a root, stem, leaf, bulb flower or seed from a plant. Some plants have more than one edible part, while others have only one. For example, we normally eat the root of a beet plant but we can also eat beet leaves. For other plants, such as potato plants, we only eat the root.





## Materials:

- Fresh fruits and vegetables for students to observe
- Annexe 1: worksheet "What Part of the Plant do We Eat"- one copy for each group
- Annexe 2: answer sheet "What Part of the Plant do We Eat" (one copy for the teacher)
- Colouring materials
- Scissors
- Tape
- "Giant Plant" (one enlarged copy of worksheet to be used by the entire class)
- Construction paper



## Preparation (before class begins)

### Did you know?

**Kiwis contain more Vitamin C than oranges!**

1. Print the necessary number of copies of annexe 1 (1 copy per group of 3-4 students).
2. Print a giant copy of annexe 1, or draw it by hand to any size you want. Depending on the size of your class, you may want to print/create a second copy as every student will be taping a fruit or vegetable to it.
3. Print and cut out an enlarged copy of annexe 4, or ask the students to draw and cut out their own drawings. If your students will be doing their own drawings- be sure to complete the pre-activity prior in a different class period if you are short on time.
4. Find fresh fruits or vegetables, or find color images for students to observe. If the students are drawing their own fruits and veggies, have the fresh produce available for the Pre-Activity.



## Pre-Activity:

1. Ask the students which fruits and vegetables are their favorites. Make a list of them on the board, show them illustrations or some actual fresh fruits or vegetables. Once the students can no longer name any, show them new ones that they may have never seen or heard of before. Be sure to include ones that are part of the seeds, stems, roots, leaves, fruit, and flowers.

2. Explain to the students that all fruits and vegetables are an edible part of a plant. Bring to their attention, that for certain plants, only specific parts of the plant are edible.

## Vocabulary:

3. Ask the students to identify the parts of the plant anatomy they already know. Help them if they require some extra knowledge. Write down each part of the plant anatomy at the appropriate place on the large copy of Annexe 1. Make sure you give each branch a title (see answer sheet for help).

## Additional Fun Activity:

Hang the picture in the classroom, or for the benefit of other students, it could also be placed in a hallway or cafeteria.

### Did you know?

**Tomatoes, avocados, and pumpkins are fruits and not vegetables.**

## Activity

1. Divide the class into groups of 3-4 students.

2. Explain to the students that they will each receive a copy of Annexe 1 and that they will have to place all the fruits and vegetables that were named on the right "branch" on their sheet. Give them 20 to 30 minutes to complete the activity.

3. One at a time, ask each group to choose one fruit or vegetable from their sheet. Ask them on which branch they would place that fruit or vegetable (i.e. if they think it's a root, stem, seed, leaf, fruit or flower) and why they came to that conclusion. One member of the team will place or write that fruit or vegetable on the large tree in front of the class.

4. Once each group has gone, discuss as a class to see everyone agrees with the choices of each group. If there are any errors, correct them to make them right. Tell the students to make the proper changes to their own sheets too.

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Exercise:

Place or draw the right fruits and vegetables on the right "branch" of the plant to know where your food come from exactly on the plant

Annexe 1



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# WHAT PART OF THE PLANT DO WE EAT?

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Annexe 2

## Answer sheet

### Seeds:

curry  
bean pea  
lens  
soy  
sweet corn  
popcorn  
dill

### Roots:

beet  
carrot  
daikon radish  
celery root  
potato  
sweet potato  
Yam  
radish  
turnip  
parsnip  
Jerusalem artichoke  
dandelion

### Bulbs:

onion  
garlic  
shallot  
leek  
chive

### Stem:

asparagus  
kohlrabi  
rhubarb  
fennel

### Leaves :

basil  
borage  
kale  
cabbage  
purslane  
coriander  
thyme  
rosemary  
brussel sprouts  
garden cress  
spinach  
Malabar spinach  
tarragon  
lettuce  
parsley  
oregano  
arugula  
savory  
sage  
chard  
lovage  
dandelion  
corn salad  
celery

### Flowers:

artichoke  
capucine  
cauliflower  
broccoli  
dandelion

### Fruits:

tomato  
eggplant  
cucumber  
squash  
pumpkin  
winter squash (ex: Butternut)  
pattypan squash  
chayote  
peas  
strawberry  
melon  
watermelon  
hot peppers  
pepper  
ground cherry