



## EATING GARDEN PRODUCE FOR A HEALTHY BODY

### Eat Your Plants

Collect an assortment of at least six different foods, one example from each plant part (roots, stems, leaves, flowers, fruits, seeds). Place bite-sized food samples from each plant part into bags.

1. Brainstorm favorite fruits and vegetables with the class. As students share their ideas, record the information on the board. List all the root foods at the bottom; stem foods in the middle; and leaf, flower, fruit and seed foods near the top. Ask students to determine why you placed each food in its designated group. Draw an illustration of a plant next to the list as a hint.

2. Explain that the flavorful and nutritious fruits and vegetables we eat are all part of a plant. Use a broccoli crown to illustrate the concept. One broccoli crown has stems, flowers and leaves. Discuss some of the nutritional benefits of a diet rich in plant parts. Emphasize that more than half of the students' diet should come from plants.

3. Distribute paper bags with food samples to each of the groups. Instruct students to take turns reaching inside the bag and without looking, identify the food. After the first student guesses, they may remove the food item and decide as a group which plant part it is. The next person in the group repeats the process, first guessing by touch, then removing the food from the bag and categorizing it.



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4. Have each group share the food items they found in their bag. Highlight the nutritional value of each of the food items. Instruct students to work in groups planning a meal that includes at least one of each plant part. Students may draw illustrations of their meal and present their illustration to the class, explaining their healthy choices.

#### Materials:

- Paper bags, one per group
- Assortment of food representing each plant part group
- Food pyramid diagram  
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#### Vocabulary:

**Leaf:** an above-ground plant organ specialized for photosynthesis.

**Flower:** the colorful and often fragrant reproductive structure found in flowering plants.

**Fruit:** the seed-bearing part of a plant, often edible and colorful, produced from a floral ovary after fertilization.

**Root:** an underground plant organ that lacks buds, leaves or nodes; absorbs water and minerals from the soil.

**Seed:** a small embryonic plant enclosed in a covering called the seed coat, usually with some stored food.

**Stem:** a slender or elongated plant structure that supports and elevate leaves, flowers and fruits.

#### Objective:

Students will identify plant parts and understand how they are connected to the food we eat. Students will discover how to make healthy eating choices.

#### California State Board of Education Content Standards

**Grade 1:** Science: 2a, 2b, 2e  
Health: 1.1.G, 1.3.G

**Grade 2:** 2f  
Health: 1.4.N, 1.7.N, 7.2N

**Grade 3:** Science: 3a  
Health: 7.1.G

This lesson can be easily adapted to meet the educational standards for a variety of grade levels.

This lesson has been adapted from TWIGS curriculum, Marilyn Johns and UC Cooperative Extension by California Foundation for Agriculture in the Classroom. For additional educational resources, visit [www.cesanmateo.ucdavis.edu](http://www.cesanmateo.ucdavis.edu).