

# Snack Idea: Eating parts of a plant!

## Materials:

- 5 bowls labeled with the different plant parts as follows: roots, stems, leaves, flowers, seeds
- food for each bowl (see chart on page 37)
- Plant printable (page 38 or 39)

*\*NOTE: We have provided 2 versions with different HEADINGS. Please choose the wording you prefer for this activity.*

## Directions:

1. Ask students if they have ever eaten all the different parts of a plant (roots, stem, leaves, flower and seeds). Tell them that will have the chance to do so today!
2. Show them each labeled bowl and discuss how each food item comes from that part of the plant (for example, a single pea is a seed; a piece of spinach is a leaf).
3. After washing their hands, have them take one food item from each bowl and place it on their plant printable in the correct section.
4. Once they have correctly placed each item, allow them to taste each part of the plant!



# Plant Snack:

## Eating Parts of a Plant

Use one food item from each section:

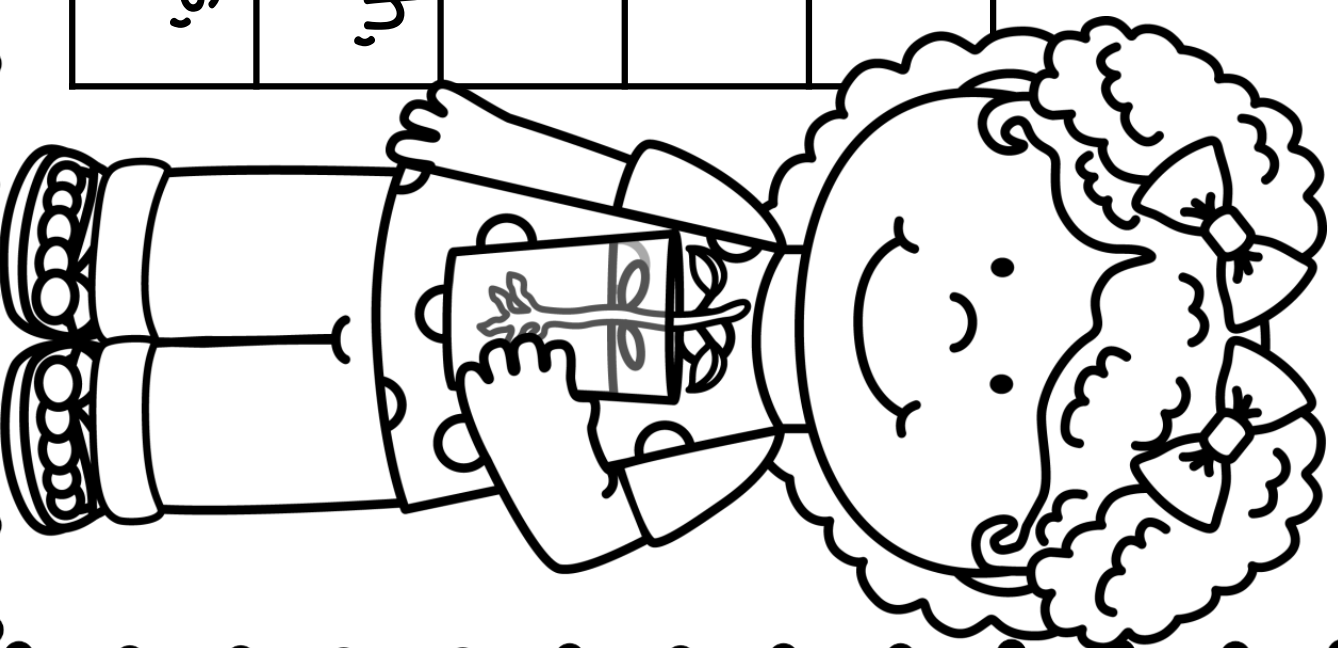
seeds: peas, corn, kidney beans,  
lima beans

Flowers: broccoli, cauliflower

stems: celery, asparagus

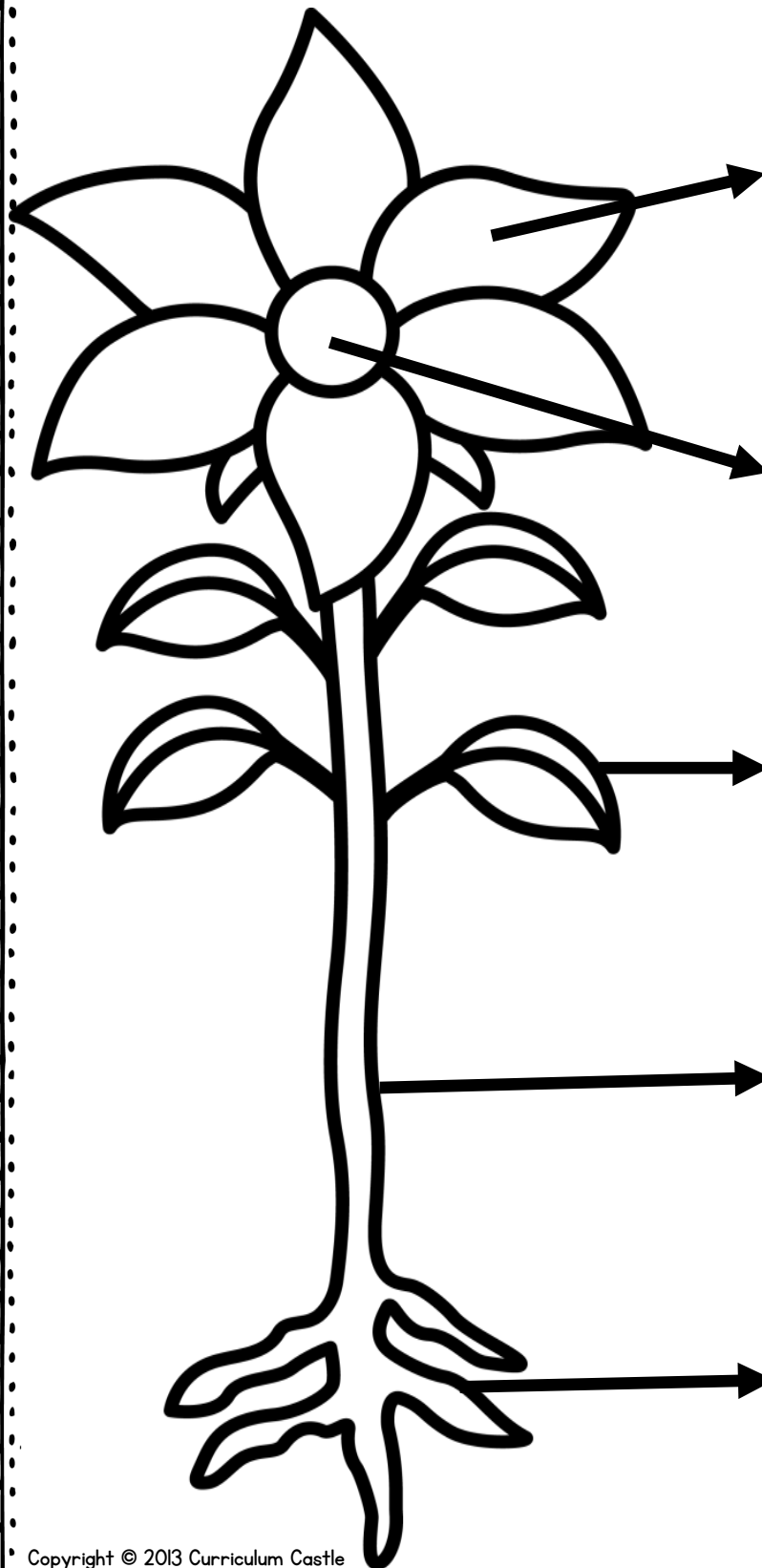
leaves: lettuce, cabbage, spinach,  
basil

roots: carrots, sweet potatoes,  
turnips, beets, radishes



Name: \_\_\_\_\_

# I Can EAT a Whole Plant



**flower**

**seed**

**leaf**

**stem**

**root**