



# Lesson 9 Parts of the Plant

## Recipe: Plant Parts Salad

[foodliteracycenter.org/lesson9](https://foodliteracycenter.org/lesson9)

### Review Lesson 8

[foodliteracycenter.org/lesson8](https://foodliteracycenter.org/lesson8)

What are some reasons to make food for ourselves at home? [You know exactly what is going into your food; you can add fruits and vegetables to it; it's less expensive than buying food at a restaurant; cooking is FUN and something you can do with your family.]

### Lesson Overview

Students will learn the difference between fruits and vegetables. Then, they identify the 6 parts of a plant.

### Talking Points

How can you tell if a plant is a fruit or a vegetable? Fruits have seeds and vegetables do not.

Examples of fruits/veggies that come from different parts of a plant:

- Root: carrot, potato, radish, beet
- Stem: leeks, broccoli stalk, asparagus, cauliflower stalk
- Leaf: romaine lettuce, spinach, kale, swiss chard
- Flower: broccoli, cauliflower, squash blossom
- Fruit: cucumber, bell pepper, squash, tomato
- Seed: sunflower seeds, pumpkin seeds

### Activity Overview

- Teachers/Adults: Download and print the [Plant Parts Activity Worksheet](#).
- Prepare materials and read instructions with students.

### Recipe Overview

- Students read the recipe ingredients.
- Adults ask students to identify items on the tray. As each item is named, pass it around to students to touch/smell. Ask questions about how the items feel/smell. Are there any fruits/veggies that are new to students on the tray?
- Show students plant ingredients. "All this food comes from certain parts of a plant!" Students cut each produce item down the middle to find out if there are seeds inside. Once the produce is determined to be a fruit or vegetable, talk about what part of the plant it is. Help students draw the connection between a seed, a root, a stem, a flower and a leaf.

### Discussion & Wrap Up Questions

- What is the difference between fruits and vegetables?
- What are the 6 parts of a plant?
- What is one thing you learned today? What was your favorite part of today?
- How were you a Food Adventurer today?

### Vocabulary Words

Root Stem Seed Flower Leaf Fruit

Your Sandwich Can Save the World!

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