**Where do apples come from?**

**Introduction**

Ask students where apples come from. Move on to talk about other kinds of fruits and vegetables. For older students, ask them about other plant-based foods (like tortilla chips, salsa, French fries). Even meat relies on the plant-based food that someone grows!

Establish the fact that food like this comes from plants which grow from seeds.

Have students make a K-W-L chart about plants.

**Parts of the Plant**

Bring a plant into the classroom and talk about the different parts of a plant. Include the vocabulary below.

With older students, talk about non-traditional plants like cactuses or ocotillos, and ask students to identify the parts of these plants.

After reviewing the vocabulary, have students complete the Parts of a Plant worksheet. Older students can write a short description of each part.

**Vocabulary**

Leaf – the flat green part of a plant that takes in sunshine to make food for the plant

Root – the part of the plant under the dirt that takes in water

Stem – the long, thin part of a plant that goes between the roots and the branches or leaves

Flower – the bloom or blossom of a plant (that eventually turns into a fruit)

Fruit – the sweet, fleshy part of a plant that comes from a flower, has seeds in it, and sometimes can be eaten

Seed – a small grain that comes from a plant that can grow into a new plant

(For older students, ask if all plants have fruits. Brainstorm a list of which do and which don’t. Then talk about the difference between a fruit and a vegetable. Based on this definition, is a tomato a fruit or a vegetable?)

**Hands On - Eating Parts of Plants**

Have students think of examples of each part of the plant that they can eat. Make a graphic of this on the board. (If time permits, have students make a collage from images cut from magazines or an interactive presentation or web page on the computer.)

Pass out examples of different kinds of edible plant parts and have students try to identify which part of the plant each one is. Then have them taste each one, while completing the “I Can Eat a Whole Plant” worksheet. (See <https://docs.google.com/file/d/0B80bnw7x3K0XNDQ3RTVvdk9Ub2M/edit> - Note: This is not open licensed.)

Seeds – sunflower seeds, toasted pumpkin seeds

Flowers – broccoli, stuffed squash blossoms, hibiscus flower (or rose hip) tea

Stems – celery, asparagus, rhubarb

Leaves – lettuce, cilantro , cabbage, spinach

Roots – carrots, radishes, potatoes