

# I Can Eat A Whole Plant Activity



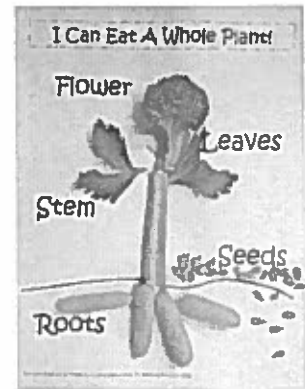
## Introduction:

This activity shows that the vegetables we eat come from different parts of plants. Children will be able to identify the parts of a plant and tell which parts common vegetables come from.

## You Will Need

- \* Copies of printable word sheet
- \* Broccoli florets
- \* Sunflower seeds
- \* Baby Carrots
- \* Baby spinach
- \* Vegetable dip
- \* Celery Strips
- \* Lettuce greens
- \* Hummus

\*Some foods can cause severe allergic reactions. Be aware of food allergies children may have and plan accordingly.



## Directions:

1. Ask the kids to name any parts of plants that they know. You may want to have a whole plant or picture to visually point out each part.
2. Next, give each child a copy of the printable word sheet and explain that we eat each of the different plant parts when we eat certain vegetables. Give the kids some of each vegetable and have them lay each vegetable next to the part of the plant they think it comes from. You can also start with an easier plant part, such as leaves, and gradually add one vegetable at a time.
3. Once they know where each food belongs, have the kids lay out their vegetables so they look like a whole plant (see picture).
4. Let the kids eat their healthy snack served with vegetable dip or hummus.

## Questions:

Can you think of any other vegetables that are...

- ...plant roots? Answer: radishes, parsnips, turnips, carrots, red beets
- ...plant leaves? Answer: spinach, cabbage, lettuce
- ...plant stems? Answer: asparagus
- ...plant flowers? Answer: cauliflower
- ...plant seeds? Answer: soybean seeds, pumpkin seeds, peas

What are some of your favorite plant parts to eat?

Can you think of another part of a plant that people like to eat? Answer: fruit

Do you know some vegetables that are actually the fruits of vegetable plants?  
Answer: tomatoes, cucumbers, squash, pumpkins

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4-H Cloverbuds  
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# I Can Eat A Whole Plant!

Flower

Leaves

Stem

Seeds

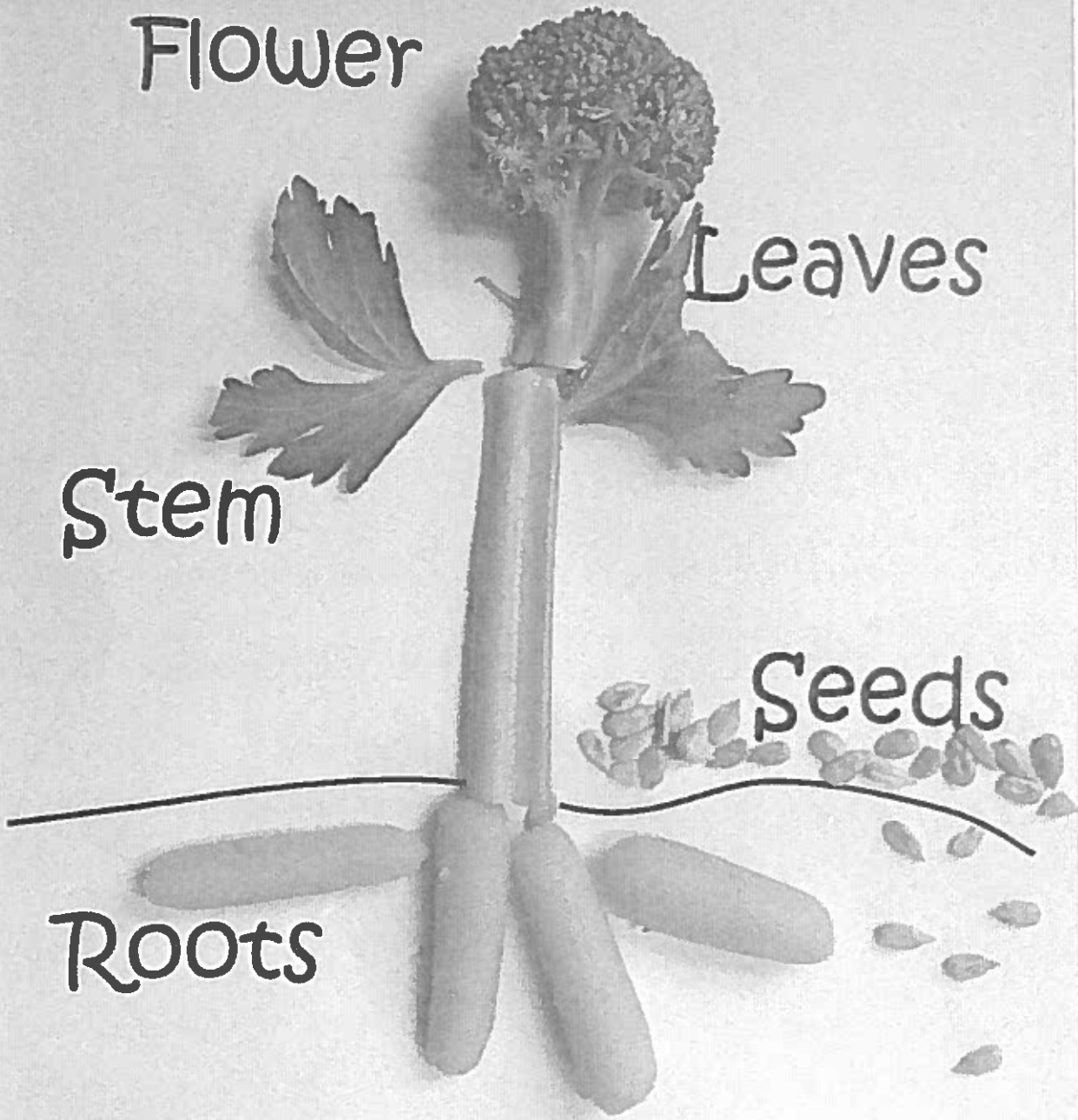
Roots



4-H Cloverbuds

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