SCIENCE

Plant parts we eat

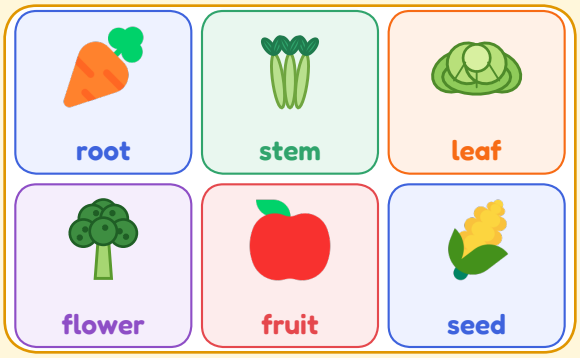


Name _____ Date _____

I can tell which part of a plant a food comes from.

1 How it works

We eat every part of a plant! A carrot is a root. Celery is a stem. Lettuce and spinach are leaves. Broccoli is a bunch of tiny flowers. Apples and tomatoes are fruits, because they grow from a flower and hold seeds. Corn, rice, peas and peanuts are seeds. Next time you eat, ask: which part of the plant is this?



2 Which part do we eat?

Use the words in the box.

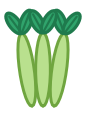
root | stem | leaf | flower | fruit | seed


banana _____


corn _____


carrot _____


broccoli _____


celery _____


peanuts _____


lettuce _____


tomato _____

How did I do? ☆ ☆ ☆

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SCIENCE · PLANT PARTS WE EAT

Sort the foods

Name _____ Date _____

I can sort foods by the plant part we eat.

1 Write each food under its plant part

spinach | broccoli | cucumber | beet | carrot | celery | cauliflower | rice | asparagus | apple | peas | lettuce

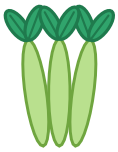
root	stem	leaf	flower	fruit	seed

2 Is it a fruit? Circle the fruits.

A fruit grows from a flower and has seeds inside.


avocado


carrot


celery


lettuce


watermelon


tomato


broccoli


eggplant

How did I do? ☆ ☆ ☆

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SCIENCE · PLANT PARTS WE EAT

Think like a scientist



Name _____ Date _____

🎯 **I can tell which part of a plant a food comes from.**

1 Think about it ❓

1. Which plant part is a carrot? How do you know? _____
2. Why is a tomato a fruit? _____
3. What part do we eat in popcorn? _____
4. Name two seeds you eat. _____

2 True or false? Circle it. ✅

1. Rice is a seed.	true	false
2. Lettuce is a flower.	true	false
3. A carrot is a root.	true	false
4. We never eat plant stems.	true	false
5. A tomato is a fruit.	true	false

3 Draw a plate with a food from each plant part.

How did I do? ☆ ☆ ☆

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Try it: find the seeds

Name _____ Date _____

I can find the seeds inside fruits.

1 You need

- an apple
- a tomato
- an orange
- a plate
- a magnifier

2 What to do

1. A grown-up cuts each fruit in half, across the middle.
2. Look at the inside with the magnifier.
3. Draw what you see. Count the seeds you can find.
4. Compare: which fruit has the most seeds?

3 I predict

Which fruit will have the most seeds?

_____

_____

4 What I see

Fruit	Draw the inside	How many seeds?
apple		
tomato		
orange		

How did I do? ☆ ☆ ☆

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FOR TEACHERS AND PARENTS

Answer key: plant parts we eat

1 Page 1

Plant parts: 1) banana: fruit; 2) corn: seed; 3) carrot: root; 4) broccoli: flower; 5) celery: stem; 6) peanuts: seed; 7) lettuce: leaf; 8) tomato: fruit.

2 Page 2

Sort: 1) root: carrot and beet; 2) stem: celery and asparagus; 3) leaf: lettuce and spinach; 4) flower: broccoli and cauliflower; 5) fruit: apple and cucumber; 6) seed: peas and rice.

Fruits: tomato, eggplant, avocado and watermelon (they grow from flowers and hold seeds). Not fruits: carrot (root), lettuce (leaf), celery (stem) and broccoli (flower).

3 Page 3

Think: 1) Root: it grows down under the ground; 2) It grows from a flower and has seeds; 3) The seed; 4) Rice, peas, beans, corn or nuts.

True or false: 1) true; 2) false; 3) true; 4) false; 5) true.

Drawing: answers will vary, for example carrot (root), celery (stem), lettuce (leaf), broccoli (flower), apple (fruit) and peas (seed).

4 Page 4: Try it!

An apple cut across the middle shows a star with about 5 to 10 seeds. A tomato has many small seeds, often 50 or more, in its jelly. Oranges vary: some have a few seeds and some have none, because farmers grow seedless kinds. Every fruit grows from a flower, and most fruits hold seeds.

5 Teaching tip 💡

Hold a plant part tasting: bring one food from each part, let children taste them (check for allergies first) and sort the plates on a big chart. The tomato-is-a-fruit surprise is always a hit.

Safety: a grown-up does all the cutting. Wash hands and fruit first. Check for food allergies before tasting.

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