

Six Plant Part Fashion Show Instructor Guide

First, ask your learners-

What do all plants have in common?

Can you name 6 things?

Are all plants built of the same pieces? (Compare to the human body)

Plant Part Fashion Show (Adapted from *Feeling Fine with Farm Fresh Foods*)

1. Ask for one volunteer who will get dressed up as a plant. Bring the volunteer to the front of the class.
2. Give the students clues about the first plant part you will place on your volunteer. (The attached riddles provide one format) Ex. "I'm going to start by adding the part of the plant that grows underground. This plant part soaks up water and nutrients from the soil and holds the plant in place when the wind blows." Use your hands to wave your plant from left to right.
"Raise your hand if you think you know which plant part I'm talking about." Call on a volunteer to answer: "Roots!"
3. Place the old mop head or brown yarn on the feet of your volunteer. These are the plant's roots.
4. Continue in this fashion for each plant part, giving students clues until they guess the part, then adding that piece of the costume on your volunteer.

Plant Part	Function	Edible Examples
Roots (Mop head or yarn)	Hold the plant in place; Gather water and nutrients from the soil	Carrots, beets, radishes
Stems (green robe)	"The elevator of the plant;" carries water up from the roots and sugar down from the leaves	Asparagus, broccoli stems, sugar cane
Leaves (poster board cut-outs, one for each hand)	Collect sunlight and turn it into sugar and energy	Lettuce, kale, chard, spinach
Flowers (place fake flower behind student's ear)	Attract pollinators and make fruit and seeds	Broccoli, cauliflower, artichoke, nasturtiums
Fruits (give student fruit to hold)	Protect and carry the seeds safely to their destination (often in the belly of an animal!)	Apples, oranges, tomatoes, cucumbers, squash, green beans, peppers
Seeds (point out that these are inside the fruit)	Hold baby plants for the next growing season	Sunflower seeds, rice, wheat, beans, nuts

5. Once your volunteer is entirely transformed into a plant, take a photo (option to have each student take a part of the costume so everyone is included.)
6. Using sidewalk chalk, draw or have one of the students draw a picture of a complete plant. Can they correctly label each of the six parts?
7. Ask, "Can we eat roots?"
8. Brainstorm a list together of edible examples of each plant part, using the table above as a prompt if necessary.

9. If time permits, have the students explore which plant parts are being cultivated in their garden. Then, challenge the students to plan a meal or snack that includes every plant part. For older children, you might compare this way of thinking about nutrition to their existing knowledge or to the “My Plate” model.

Materials Needed:

Six Plant Part costume, which includes:

Old mop head or ball of brown yarn, made into a messy tangle

Green sheet, coat, or robe

Two large leaves cut out of green poster board (or green mittens)

Large fake flower with stem (or flower headband)

Piece of fruit, real or fake

I hold the plant in place. I gather food and water from the soil. Who am I?

I carry water from the roots to the leaves. I send food from the leaves to the roots. Who am I?

I collect sunshine and turn it into food. I wave in the wind. Who am I?

I am beautiful! Bees and Butterflies come to visit me. I help make fruit and seeds. Who am I?

I protect the seeds I carry. I am often sweet and yummy! Who am I?

I am small. I will grow into a baby plant. I am hidden inside a fruit. Who am I?

I Can Eat A Whole Plant Activity



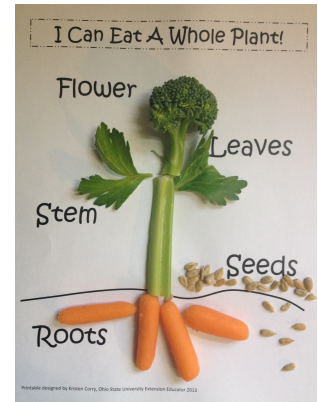
Introduction:

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



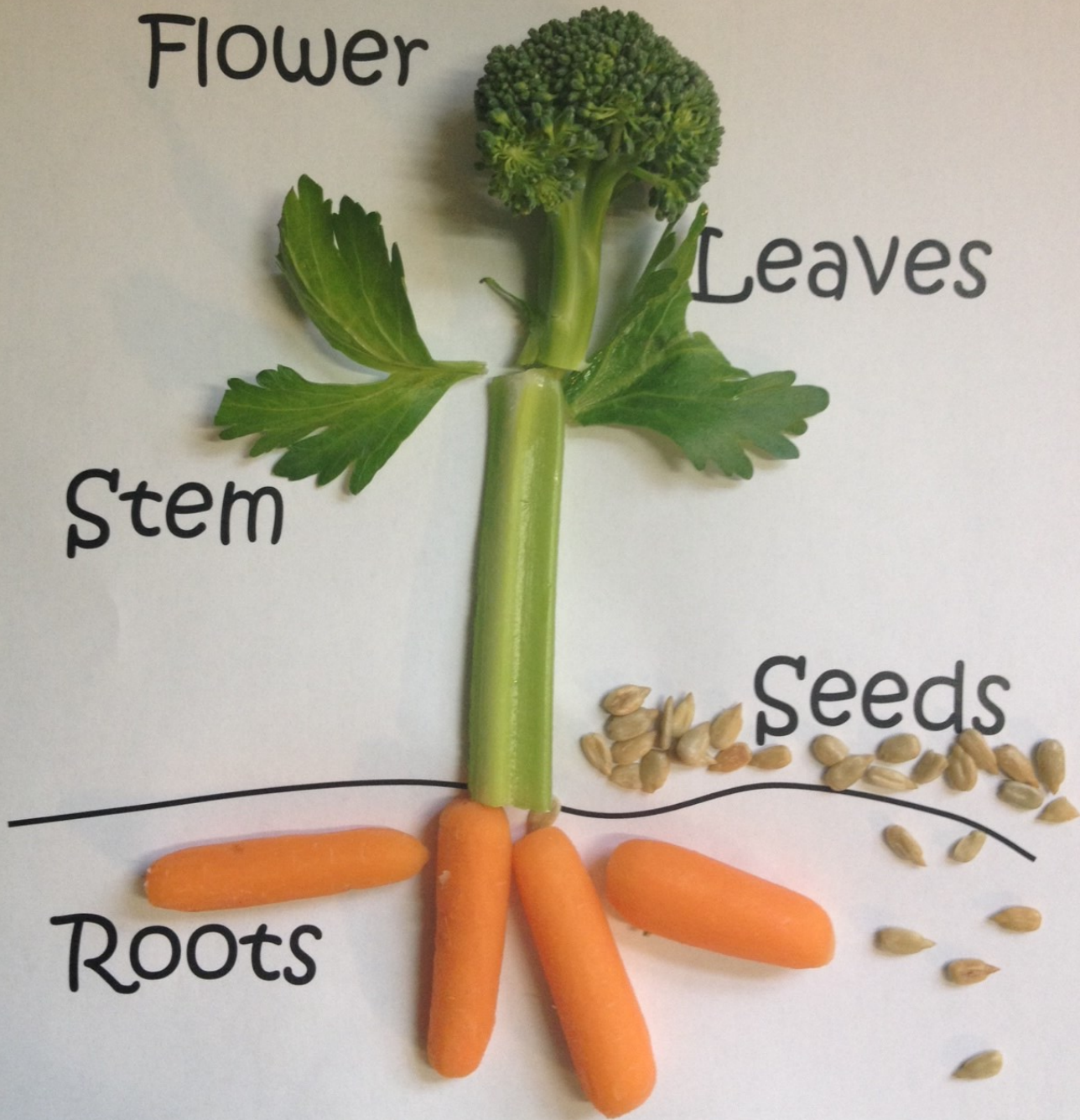
Roots



4-H Cloverbuds

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I Can Eat A Whole Plant!



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