

Parts of the Plant We Eat (1st Grade)

Materials and Ingredients

- ✓ lettuce, carrots, broccoli, green onion, tomatoes
- ✓ low-fat salad dressing
- ✓ cutting board, teacher knife, bowls, serving spoon
- ✓ serving containers, big paper plates, plastic knives & forks, plastic gloves
- ✓ activity sheet
- ✓ **For Experiment-** plastic containers



Food & Experiment Preparation

- ✓ **IMPORTANT-Scrap Garden Experiment:** Plan to show students roots of lettuce and onion and save to add to plastic containers (teacher provides) in water root facing down. Tops will grow back!
- ✓ Wash vegetables, layout to show students.
- ✓ Plan to have students cut vegetables into small pieces.
- ✓ Have plastic knives, paper plates, plastic gloves ready to pass out.

Introduction

- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss with students why we should eat fruits & veggies every day.
- ✓ Read and complete the text “Parts of the Plant” along with Venn diagram with class.
- ✓ ***Vary your fruits & veggies! Eat different fruits & vegetables every day!***



Process

- ✓ ***Go over salad ingredients***– What part of the plant do we eat of each ingredient?
Carrots – Root, Onion- Root and Stem, Lettuce- Leaves, Broccoli- flower, tomato-fruit
“Are they tops? Or are they bottoms?”
- ✓ ***Conduct experiment*** -Cut off the roots of the lettuce and some of the green onions, place them root down in the containers with water, place in window.
- ✓ Students wash their hands with soap & warm water and use plastic gloves, plates & plastic knives to cut up the vegetables for the salad.
- ✓ Add all vegetables together and add dressing, mix and enjoy!
- ✓ Have students complete activity sheets.
- ✓ ***Vary your fruits & veggies! Eat different fruits & vegetables every day!***

Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.



Let's Wake Up Our Brains! Brain Boost Exercise!

Grow like a Seed!

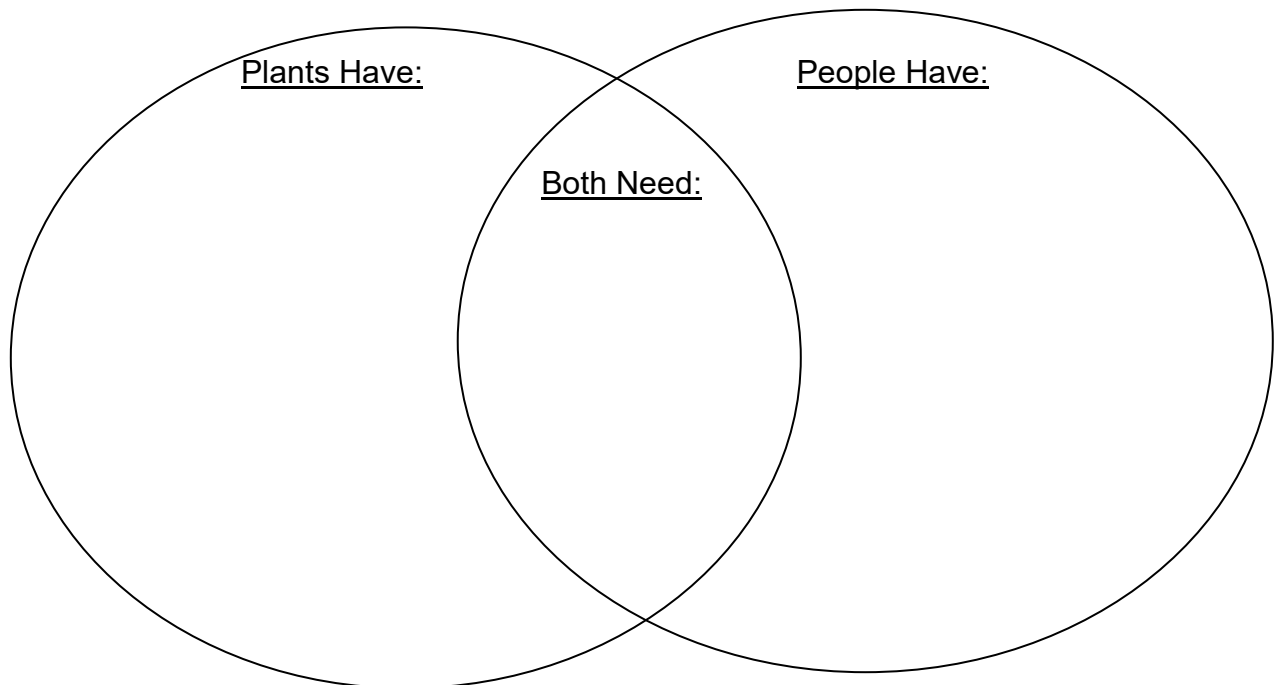
Teacher calls out instructions. Students pretend they are seeds.

- ♥ Sit on the ground curled up like a seed in the dirt
- ♥ The seed gets water and grows bigger
- ♥ Your seed coat pops off!
- ♥ Stretch your feet out as your roots grow
- ♥ Reach your hands up as your stem/shoot grows
- ♥ Stand up on your tiptoes and grow towards the sun
- ♥ Stretch your arms up as high as they can go
- ♥ Wave your arms back and forth
- ♥ You are fully grown!
- ♥ You are so excited you run in place!

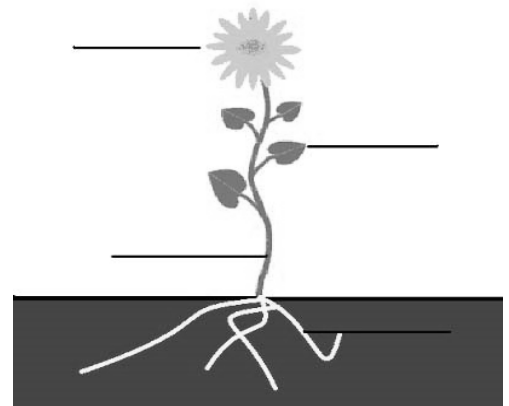
Parts of a Plant

Plants need sunlight, water, air, soil and food to live. A plant has four main parts, which are the roots, stem, leaves and flowers. Seeds and fruit are also parts of a plant. Each part helps the plant live. The roots take in water from the ground. The stem holds the plant up and carries water to the leaves. The leaves use sunlight to make food for the plant. The flowers make seeds. The fruit of a plant holds the seeds. Seeds are baby plants.

Can you think of some ways that plants and people are the same?
Can you think of some ways they are different? Fill in the Venn diagram.



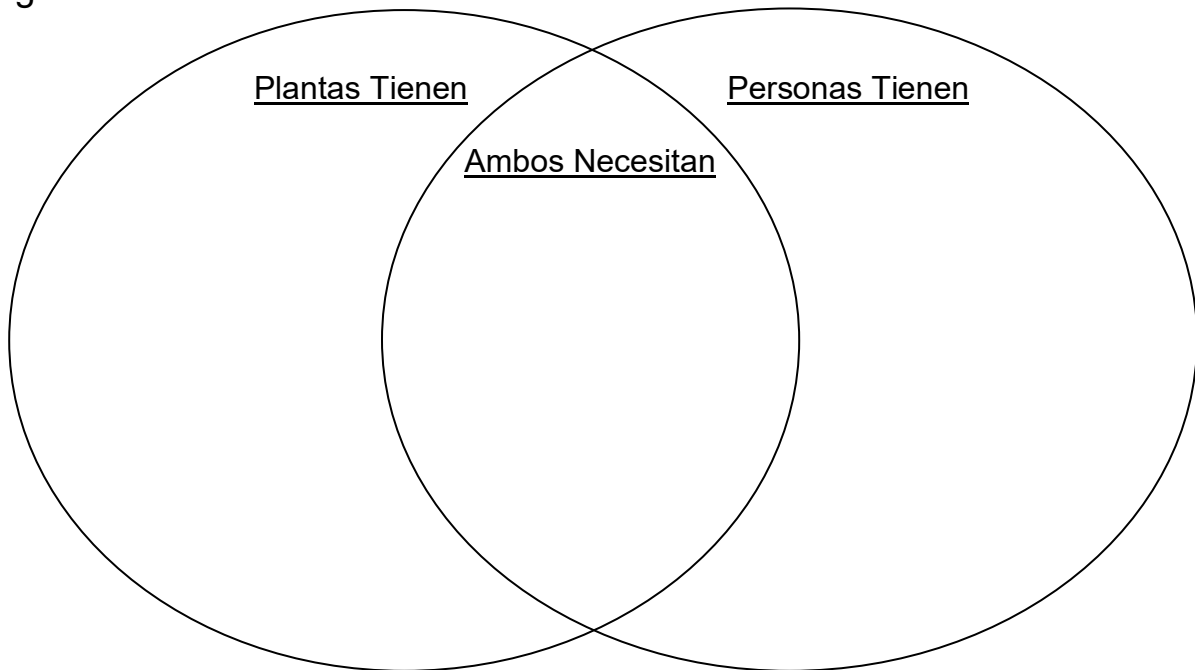
List some ways that plants help people:



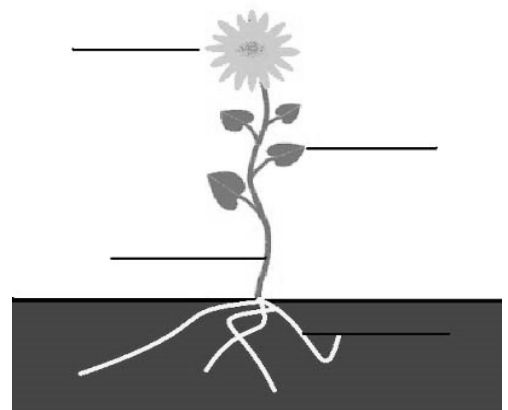
Partes de una Planta

Las plantas necesitan la luz solar, agua, aire, tierra y alimentos para vivir. Una planta tiene cuatro partes principales que son las raíces, el tallo, las hojas y las flores. Las semillas y los frutos también son partes de una planta. Cada parte ayuda a la planta a vivir. Las raíces toman agua de la tierra. El tallo sostiene la planta y lleva el agua a las hojas. Las hojas usan la luz del sol para producir alimentos para la planta. Las flores producen semillas. El fruto de una planta contiene las semillas. Las semillas son plantas bebés.

¿Se te ocurre alguna manera en que las plantas y las personas son iguales? ¿Se te ocurre alguna manera en que son diferentes? Completa el diagrama de Venn.



Haz una lista de las maneras en que las plantas ayudan a las personas:

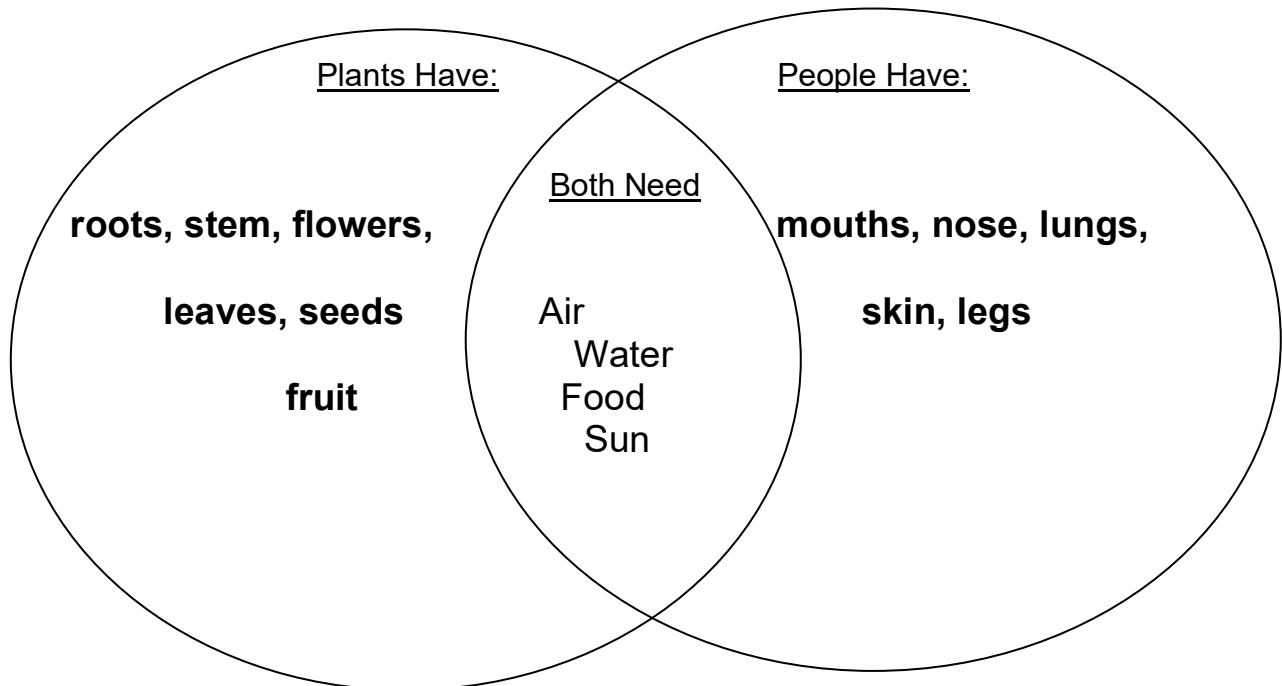


Parts of a Plant

(Teacher Answer Sheet)

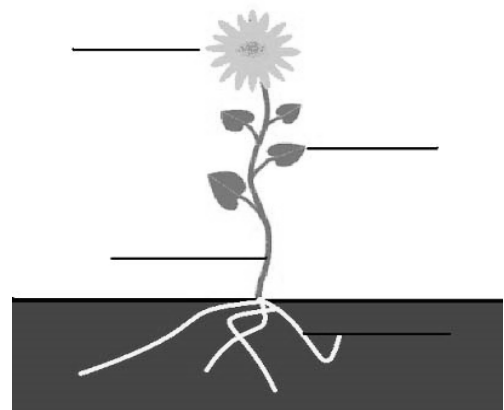
Plants need sunlight, water, air, soil and food to live. A plant has four main parts, which are the roots, stem, leaves and flowers. Seeds and fruit are also parts of a plant. Each part helps the plant live. The roots take in water from the ground. The stem holds the plant up and carries water to the leaves. The leaves use sunlight make food for the plant. The flowers make seeds. The fruit of a plant holds the seeds. Seeds are baby plants.

Can you think of some ways that plants and people are the same? Can you think of some ways they are different? Fill in the Venn diagram.



List some ways that plants help people:

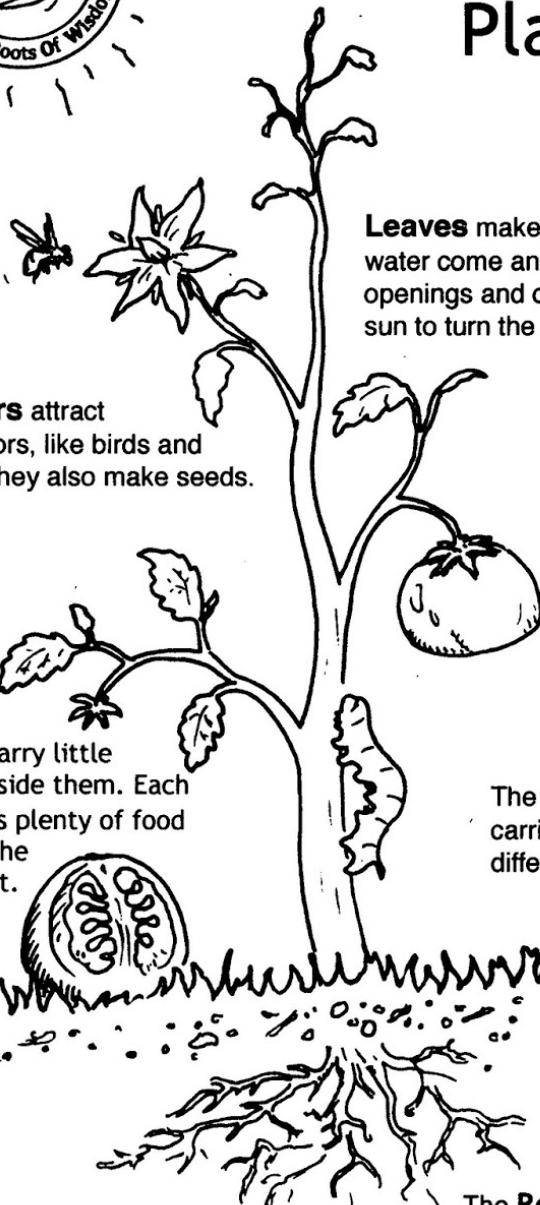
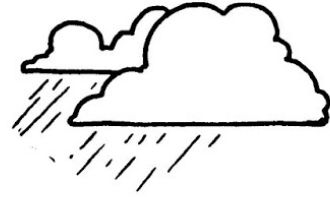
1. They are food that help us grow and live.
2. They give us shade.
3. They are beautiful.





Parts of a Plant

_____ Name



Leaves make food. They let air and water come and go through little openings and catch energy from the sun to turn the air and water into food.

Flowers attract pollinators, like birds and bees. They also make seeds.

Fruit comes from a flower after the petals fall off. The fruit protect the seeds.

Seeds carry little plants inside them. Each **seed** has plenty of food to feed the tiny plant.

The **Stem** holds the plant up and carries water and nutrients to the different parts of the plant.

The **Roots** are underground and hold the plant up. **Roots** suck up all the nutrients and water from the soil. They also store food for later on.

canyongardening.com



UNIDAD EDUCATIVA "MONS. EMILIO LORENZO STEHLE"

Ciudadela "EL CONDOR" (AV. LA LORENA) PARROQUIA CHISULEPE
Distrito: 23001 Cuzco: CD600-11 Correo: ueemilolorenzo@hotmail.com Código anio: 23H00836
Santo Domingo de los Tsáchilas - Ecuador



Ministerio
de Educación

AMBITO: RELACIONES CON EL MEDIO NATURAL Y CULTURAL.

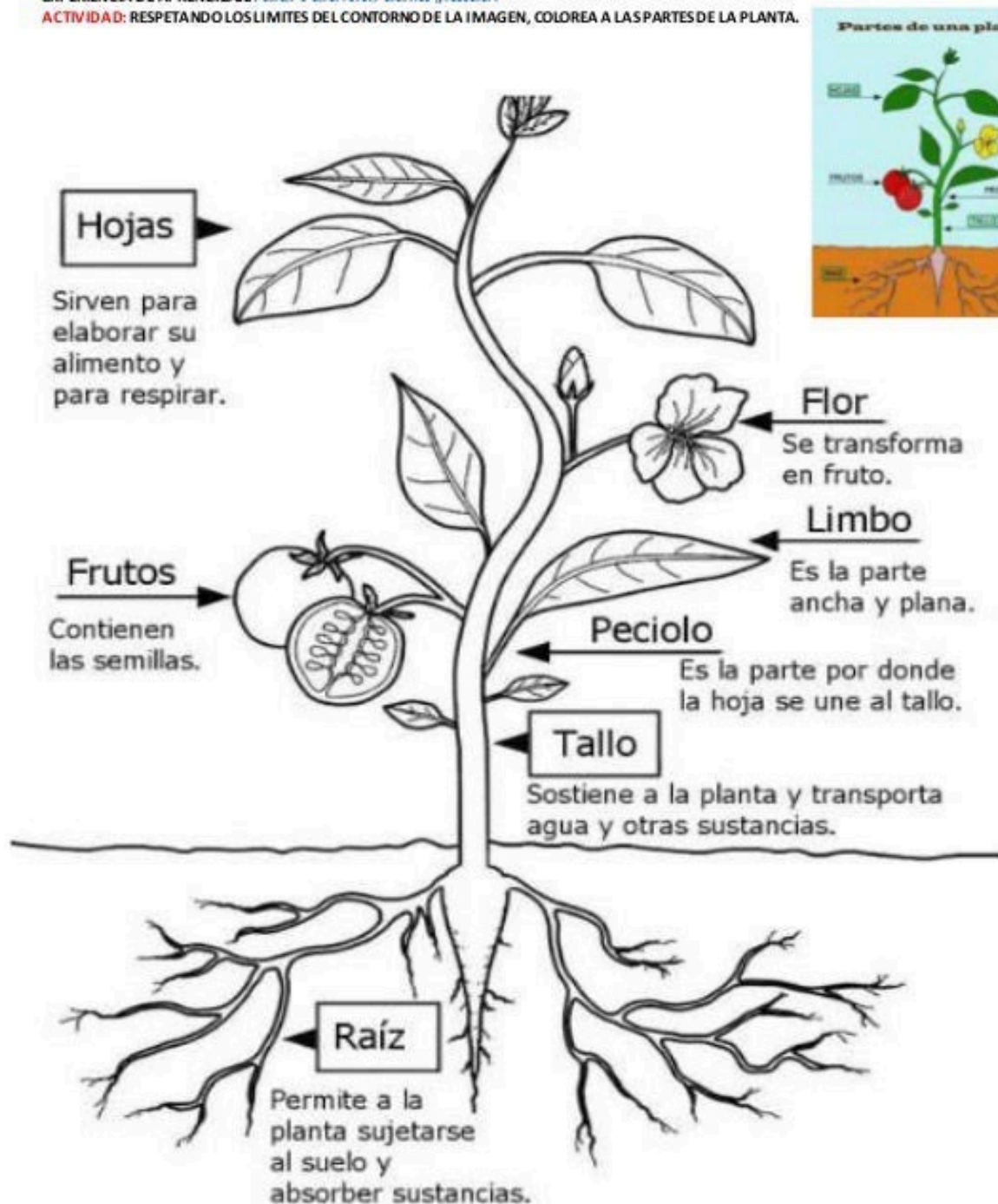
DESTREZA: - Identificar características de las plantas por su utilidad, estableciendo diferencias entre ellas.

- Observar el proceso del ciclo vital de las plantas mediante actividades de experimentación.

OBJETIVOS ESPECIFICOS DE APRENDIZAJE: Descubrir las características y los elementos del mundo natural explorando a través de los sentidos.

EXPERIENCIA DE APRENDIZAJE: LAS PLANTAS DE MI JARDIN



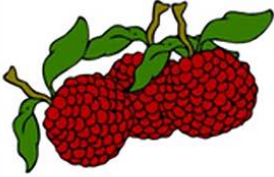



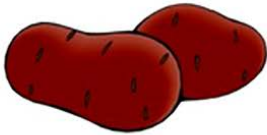



ACTIVIDAD: RESPETANDO LOS LIMITES DEL CONTORNO DE LA IMAGEN, COLOREA A LAS PARTES DE LA PLANTA.



Name: _____

Plant Parts We Eat







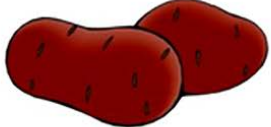



Directions: When we eat fruits and vegetables, we are eating various parts of plants.
Write the part of the plant pictured: **leaf, flower, seeds, fruit, stem, root**

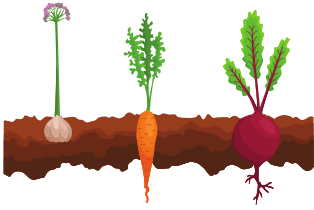
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____

Nombre: _____

Partes de plantas que comemos

Instrucciones: Cuando comemos frutas y verduras, estamos comiendo varias partes de las plantas. Escribe la parte de la planta que cada imagen representa: hoja, flor, semillas, fruto, tallo, raíz

 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____



Dear Families,

Today your student made a salad out of the tops and bottoms of plants (roots, stems, leaves, flowers). They explored how all parts of the plant can provide key nutrients to help us grow and develop.

Parts of the Plant Salad

Makes About: 4 servings

Total Recipe Cost: Around \$7.30

Ingredients

- 1 romaine lettuce head
- 2 carrots
- 1 small head of broccoli
- 1 bunch green onion
- ½ cup low-fat ranch dressing

Directions

1. Everyone washes their hands.
2. Wash vegetables.
3. Cut carrots, broccoli, and green onions into small pieces.
4. In a bowl, add vegetables, lettuce, and salad dressing and mix.
5. Eat and enjoy.

**Feel free to adjust ingredients depending on allergies and/or what you have at home.*



Link:

<https://www.youtube.com/watch?v=6QtoAbSzk5E>

Many vegetable scraps can be planted, and they will grow new edible parts. Simply plant leftover food scraps in soil or put them in water and place them in a sunny window. You can also plant them outdoors in a garden or pot.

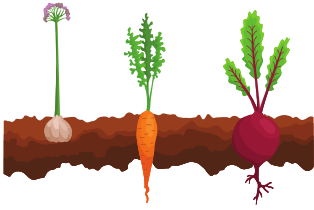
- Plant these bottoms: green onion, romaine lettuce, and celery.
- Plant these tops: carrot, parsnip, beet, and turnip.

Use the link or scan the QR code to learn how to grow new plants with food scraps.



Try one of these physical activities that you can do in your seat or on your feet as a family.

- Scavenger hunt: Draw pictures of household objects, like a cup, a hairbrush, and a pillow, then time your student as they search for the real things.
- Dance party: Turn on your favorite music and move your body. Try the following dance moves: robot, superhero, grasshopper, and touchdown. Ask your student how many other dances they can create.



Queridas Familias,

Hoy su estudiante hizo una ensalada con la parte superior e inferior de las plantas (raíces, tallos, hojas, flores). Exploraron cómo todas las partes de la planta pueden proporcionar nutrientes importantes para ayudarnos a crecer y desarrollarnos.

Ensalada de partes de la planta

Rinde aproximadamente: 4 porciones

Costo total de la receta: Alrededor de \$ 7.30

Ingredientes

- 1 cabeza de lechuga romana
- 2 zanahorias
- 1 cabeza pequeña de brócoli
- 1 manojo de cebollas verdes
- ½ taza de aderezo ranch bajo en grasa

Instrucciones

1. Todos se lavan las manos
2. Laven las verduras.
3. Corten las zanahorias, el brócoli y las cebollas verdes en trozos pequeños.
4. En un tazón, agreguen las verduras, la lechuga y el aderezo para ensaladas y mezclen.
5. Coman y disfruten.

**Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*



Enlace:

<https://www.youtube.com/watch?v=JGGcTuRcEKY&t=18s>

Muchos restos de vegetales se pueden plantar para que crezcan nuevas partes comestibles. Simplemente planten los restos de comida en la tierra o colóquenlos en agua y pónganlos en una ventana soleada. También pueden plantarlas al aire libre en un jardín o maceta.

- Planten estos tallos: cebolla verde, lechuga romana y apio.
- Planten estas puntas: zanahoria, chirivía, remolacha (betabel) y nabo.

Use el enlace o escanee el código QR para aprender a cultivar nuevas plantas con restos de comida.



Pruebe una de estas actividades físicas en familia que puede hacer desde su asiento o de pie.

- Búsqueda del tesoro: Dibuje objetos domésticos, como una taza, un cepillo para el cabello y una almohada luego tome el tiempo que su estudiante se toma en encontrar las cosas reales.
- Fiesta de baile: Enciendan su música favorita y muevan su cuerpo. Intenten los siguientes movimientos de baile: robot, superhéroe, saltamontes y touchdown. Pregúntele a su estudiante cuántos otros bailes pueden crear.