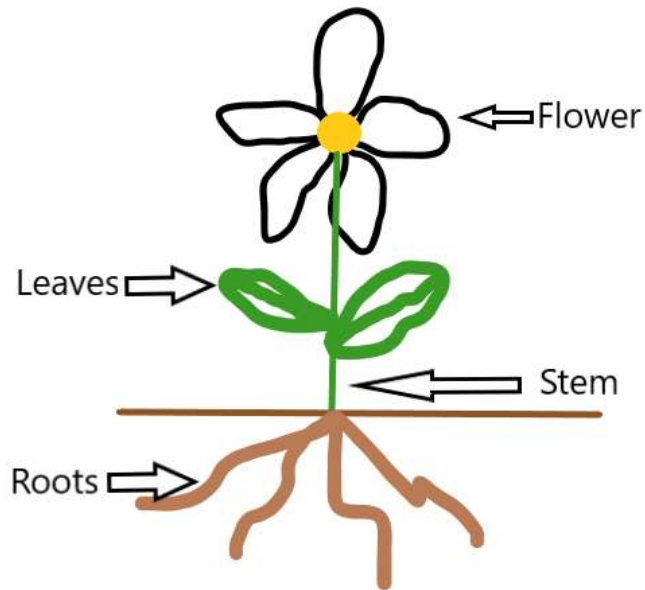




## Plant Parts that we Eat

Most plants have four basic parts the **stem**, **leaves**, **roots** and **flowers**.



Draw your favorite kind of plant real or not and label the leaves, flower, stem and roots.



All these parts have different tasks that the plant needs to survive. The **roots** bring in nutrients and water into the plant from the soil. The **stem** moves the nutrients and water to the other parts of the plant. **Leaves** collect sunlight and with the gathered nutrients creates food for the plant. This process of making food is called photosynthesis. The **flowers** produce seeds and/or fruit that produces new plants. Some of these plant parts are edible depending on the plant. When they are edible, we can eat them.

Now think about a plant that you eat. Is that the stem, the leaves, flowers, or roots of the plant?

Below are images of different plants that we eat. Can you name them all?

*Figure 1*



*Figure 2*



*Figure 3*



*Figure 4*



*Figure 5*



*Figure 6*





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Figure 1 is a red bell pepper. Inside the bell pepper are seeds. The red part of the pepper, the fruit, is edible and tasty, but the leaves, stem, and roots of the bell pepper plant are not. There are other plants that have seeds inside a fruit. What is another plant that has a fruit that we eat and contains seeds inside?

Figure 2 is a picture of broccoli. The broccoli parts that we eat include the stems and unopened flowers. Once the broccoli flowers open the plant becomes bitter and has less nutrition. The next time you are eating a piece of broccoli look closely at the top and try to count all the unopened flowers.

Why do you think broccoli would have less nutrition once the flowers bloom?

Figure 3 is a picture of carrots. What we call carrots are the root of the carrot plant. Other roots that we commonly eat are potatoes, onions, and garlic. Do you remember what roots do for the plant? Explain.

Can you name other root vegetables that we eat?

Figure 4 is a picture of peas and their pods. Peas grow inside pea pods on the plant. When you dry peas in their pea pods and then plant the peas they will grow into a new plant. What part of the plant does that make the peas?



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Beans can also be planted and grow into a new plant. Beans are an easy starter plant and can grow well inside. Try growing bean plants from the dried beans from your grocery stores bulk section.

Figure 5 is a head of lettuce. The part of the lettuce plant that we eat is the leaves. Why are leaves important to a plant?

Can you name other leafy greens that we eat?



Figure 6 is the seeds of a sunflower. Sunflower seeds grow in the center of the flower. Sunflower seeds can be eaten toasted, turned into oil, and used as a peanut butter alternative. What other seeds that we did you learn about in this activity and how do they differ from sunflower seeds?

Watch the sunflower and friends' video. Who else gets food from sunflowers?

What part of the plant are they getting their food from?



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Think about another plant we discussed and name what else might eat it.

To keep the fun going the next time you are eating a plant try and figure out what plant part you are eating. You can also practice naming the different plant parts when you go grocery store shopping or when you visit the Sanctuary One Learning Garden. For even more fun draw your favorite plant that you eat or a whole garden!

Thank you for participating in Sanctuary One Education. Let us know if you liked the activity!