

Edible Plant Parts Unit

Dear Parents,

Our class is studying a unit on *Edible Plant Parts*. This unit teaches students about plant anatomy, agriculture, and healthy eating habits. As a culmination to this activity, your student chose a healthy recipe featuring their favorite fruit or vegetable. We ask that you help your student prepare the recipe and serve it as part of a meal at home. We selected recipes in the computer lab at school using the Harvest of the Month website from the Network for a Healthy California. Directions for the project are listed below. Please sign and have your students return this paper to class once you have completed the project. Thank you for your participation.

Procedure for Parents and Students

1. Purchase ingredients for the recipe chosen by your student. If you have a computer, you may view other recipes by clicking on the “Monthly Elements” tab at www.harvestofthemonth.cdph.ca.gov.
2. In the Family Newsletter you can find recipes, daily serving size, nutrition facts, and other information about your selected fruit or vegetable.
3. Answer the following questions using the information on the family newsletter where your recipe is listed.
 - a. What fruit or vegetable are you featuring in your recipe? _____
 - b. What is the name of the recipe that you will be preparing? _____
 - c. What is one serving size for the recipe you will be preparing? _____
 - d. How many people will the recipe serve? _____
 - e. What are some key nutrition benefits of your chosen fruit or vegetable? _____

4. Prior to cooking, wash cookware, cooking surfaces, produce, and your hands.
5. Prepare your recipe as outlined in the directions.
6. Serve the recipe to your family during a meal. Explain the nutrition benefits of your chosen fruit or vegetable to your family.

This project has been completed: _____ Date: _____

Parent Signature