



Plant Parts Salad

Explore different parts of the plants we eat by making a simple salad.

Directions

1. Read *Tops & Bottoms* and discuss how different parts of plants grow.
2. Sing "Parts of the Plants" Song
3. Show the ingredients and ask students which part of the plant they come from.
4. Let kids assemble their own "plant parts salad."
5. Enjoy while reinforcing how farmers grow different plant parts!

Supplies

1. Lettuce (leaves)
2. Carrots (roots)
3. Celery (stems)
4. Tomatoes (fruits)
5. Sunflower seeds (seeds)
6. Bowls and forks
7. *Tops & Bottoms* Book

Suggested Book



