

## My Life as A Vegetable

**OVERVIEW:** Learning how a plant grows into each of its six parts can be creative and fun! Ask your students to imagine that they are their favorite vegetable. Have them discuss and describe how they grow, starting as a seed until they are ready to be harvested for someone's tasty treat! Read books about how seeds grow into plants. Then ask students to write a short story about life as a vegetable and create a portrait of themselves as their vegetable of choice!

**GRADES:** K-2

**OBJECTIVES:** The students will be able to:

- Explain the life cycle of a vegetable plant by describing how a plant develops into six parts: from seeds to roots, stems, leaves, flowers, fruits and seeds again.

**MATERIALS:**

Paper

Crayons or markers for portrait

*Books such as:*

*The Amazing Life Cycle of Plants by Kay Barnham*

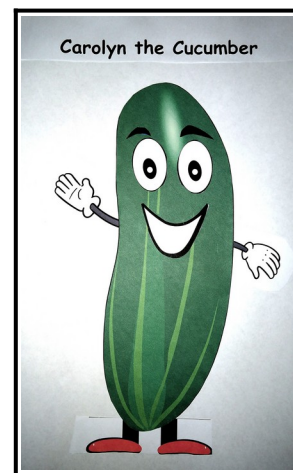
*From Seed to Plant by Gail Gibbons*

*Pumpkin Circle: The Story of a Garden by George Levenson*

**PROCEDURE:**

Ask your students what they know about how plants grow. Discuss how plants start as seeds and grow five more parts, starting with roots, and then stems, leaves, flowers, and fruits, which grow seeds again. Read one or more of the books that describe how a plant grows. Act out how the plant parts grow and sing the Parts of a Plant song, available to download under Teaching Resources, Language Arts Lessons, at [newjersey.agclassroom.org](http://newjersey.agclassroom.org).

Ask your students to pick a favorite vegetable and describe how it grows. Teachers of younger students may take a vote and pick a vegetable for the whole class to explore. Or students interested in the same vegetable can work in small groups. Older students can pick their own vegetable. After describing how their vegetable grows, children draw a picture of themselves as that vegetable. Older students can draw and label the six plants parts in the order that they grow. The they can sentences or a short story describing life as their vegetable.



## EVALUATION:

Completed vegetable portrait and story.

## EXTENSIONS:

Discuss the life of a vegetable. What are some good things that can happen? (Sunny days, rain when it's dry, a helpful gardener pulls weeds, etc.) What are some bad things that can happen? (Insects and animals eat you, it's too dry or too wet, etc.) In small groups, children can act out the life of their vegetables, adding some of the good and bad events.

## New Jersey Learning Standards

*Science:*    *K:LS1.C*      *1: LS1.A*      *2:LS2.A*

*English Language Arts:* *K:W.K.3,7,8*      *1:W.1.3.7,8*  
*2:W.2.3,7,8*