



## Fantastic Fruits & Vegetables

Identify the parts of plants: stem, leaf, flower, seed, and root. Discuss that when we eat a carrot we are eating a root, lettuce is a leaf part, celery is a stem, peas are seeds.

### Directions

1. Have all items laid out on a table so that students can get into a group around them.
2. Explain that they are going to observe the fruits and vegetables that they see on the table and draw what they see on the outside of the produce items.
3. Next, cut the produce open and allow children to locate and touch the seeds then draw what they see on the inside of the produce.
4. Encourage students to think-pair-share with a partner near them. Then ask students to share their observations with the group.
5. Have students write about their favorite fruit or vegetable they like to eat. Have them determine which part of the plant they are eating.

### Supplies

- Various kinds of fruits and vegetables
- Knife
- Napkins
- Paper or copies of observation sheet
- Pencils

\*Tip: Have at least 2 produce items with seeds available for the kids to touch!

### Suggested Books

