



Savory Salad

Investigate the edible plant parts that may be found in a salad.

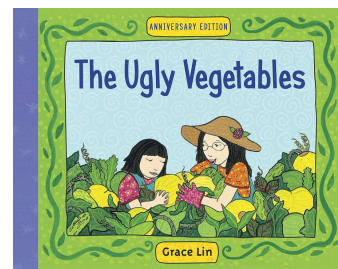
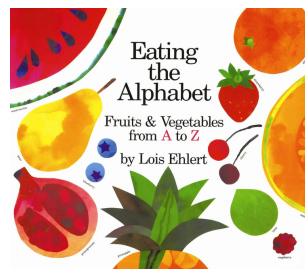
Directions

1. Discuss with children that we eat various parts of plants - sometimes seeds, sometimes leaves, flowers, stems, or roots. Brainstorm various examples of each.
2. Explain to children that they are going to create their own salad but with paper.
3. Children choose what kind of foods they would like to include in their salad. Encourage them to include at least 3 edible plant parts. They will take the construction paper they will need for their foods. Have other materials ready as well (pencils, paper plates, scissors, glue).
5. Give children take 15 to 20 minutes to create their salad.
6. If time allows, let children share their salads with the class.

Supplies

- Various colors of construction paper and tissue paper
- Paper plates
- Glue
- Scissors
- Pencils
- Pictures of fruits and vegetables (lettuce, radish, tomato, cucumber, squash, carrot, broccoli, etc.)

Suggested Books



Plant Needs, Parts, and Functions

Use this to create a chart with the class. for the first step of the activity. Use a large piece of construction paper or a whiteboard to create a chart.

Plant needs: light, water, air, nutrients, and space.

| Plant Part | Part Function |
|-------------------|--|
| Roots | Absorb water and minerals from the soil. |
| Stem | Provides structure and protection for the plant. Produces fruit, flowers, and leaves. |
| Leaves | Carry out the process of photosynthesis to prepare the food needed for the plant. |
| Seeds | Aids in the germination of new plants. |
| Fruits | Acts as a protective layer of the seeds . They disperse the seeds allowing the plant to reproduce. |
| Flowers | Responsible for producing fruits. Crucial to the act of pollination. |