



DALLAS ARBORETUM
Education

Garden STEM at Home
Pass the Plants, Please



WE GROW MINDS, TOO.



OBJECTIVE:

STUDENTS WILL IDENTIFY EDIBLE PLANTS PARTS AND DISCUSS HOW PLANTS ARE USED TO MAKE VARIOUS FOODS.

SOURCE

Project Learning Tree PreK-8 Activity Guide

BACKGROUND

People, and other animals, eat many different parts of plants - from roots (carrots, parsnips) to stems (green onions, asparagus) to leaves (lettuce) and fruits (apples, tomatoes, etc.). While most parts of plants are eaten by something, this isn't always the case. Even plants with edible parts may contain other parts that are poisonous.

INSTRUCTIONS

1. Ask students to brainstorm a list of foods that come from plants.
2. Then, sort the foods based on those that come directly from a plant and those that are made from plants (like french fries).
3. Examine the list and try to identify which part of a plant each plant food comes from. Research those that you are not sure about.
4. Distribute the Veggie Plate handout linked below and ask students to label which part of a plant each food is. Optional: Ask older students to add the key vitamins and minerals that each food supplies to humans.
5. Now, have students chart the plants that they eat each day for an entire week - both foods that come directly from a plant (like lettuce) and foods made from plants (like tortilla chips).
6. After collecting all data, ask students to graph which plant part they eat most often in their diet.
7. Optional: Enjoy the plant-based recipes in the link below!

ADDITIONAL RESOURCES

Explore the Pass the Plants, Please Additional Resources Guide from PLT:
<https://www.plt.org/activity-resources/prek-8-activity-16-pass-the-plants-please/>

Explore the Pass the Plants, Please Texas Connection Guide from PLT:
http://www.plttexas.org/uploadedFiles/Websites/PLT_Texas/Content/Texas_Connection/Activity%2016%20Pass%20the%20Plants.pdf

Native American Gardening: Stories, Projects and Recipes for Families by Michael J. Caduto and Joseph Bruchac; ISBN: 155591148X

Blue Potatoes, Orange Tomatoes by Rosalind Creasy; ISBN: 0871569191.