

Fantastic Fruits

When learning about plants, it is important for students to cover all of the parts individually so that they fully understand how each part works. There are parts of vegetables and fruits that we eat but we do not eat the same part of every vegetable. We can eat the roots, stems, leaves, and seeds of different types of vegetables. For example, when we eat a carrot we are eating the root. When we eat celery we are eating the stem. Eating peas or wheat means we are eating the seeds. Lettuce is the leaf part of the plant that we eat. Therefore, this is why we eat the top, bottom, or middle of different types of vegetables.

As students are studying parts of a plant, they should benefit from holding and observing the actual parts because they are more concrete than abstract.

You will need:

Various different kinds of fruits
Knife
Napkins
Paper
Pencils

How to:

1. Discuss with children parts of a plant, such as stem, leaf, flower, fruit, seed, and root. Focus on the importance of the fruit and how it is the part of a plant that we eat. Talk about how fruits are important to maintain a healthy diet.
2. Have various fruits and a knife, napkins, paper, and pencils laid out on tables so that students can get into groups around them.
3. Explain to students that they are going to observe the fruits that they see on the tables and draw what they see on the outside of the fruits. Cut the fruits open and allow children to locate and touch the seeds then draw what they see on the inside of the fruits. Explicitly model for the students what they are to do during this activity.
4. Have students wash their hands and then move to the tables.
5. Encourage students to talk about what they see with others around them and be very observant.
6. Come back together at the end of the activity and discuss some of the observations students made.

Suggested Books:

The Tiny Seed by Eric Carle (for other parts of a plant)
Fall Leaves Fall by Zoe Hall
Fruit of the Vine by Phillip E. Hauck
Apples by Gail Gibbons
A Fruit is a Suitcase for Seeds by Jean Richards



For more resources to connect children to agriculture visit AgInTheClass.org.