

What Part of a Plant Are You Eating?

Flowers

Flowers are the reproductive part of a plant. They grow from the stem. Flowers often have brightly colored petals and pollen that attract insects to them.

Examples of unopened flowers (buds) that we often eat are broccoli, romanesco cauliflower, and artichokes.

Leaves

Leaves also grow from the stem of a plant and help collect the energy of the sun through the process of photosynthesis. They are green in color because of a chemical called chlorophyll inside of them that helps with this process.

Examples of leaves that we eat are kale, lettuce, basil, spinach, and cabbage.

Fruit and Seeds

Once the flowers are pollinated by insects, edible, juicy fruit with hard seeds inside is formed. The purpose of the fruit is to attract animals and disperse the seeds. Once the seeds are on the ground, they will be able to grow into a new plant.

Examples of fruit that we eat are oranges, apples, tomatoes, and avocados. Some seeds that we eat are beans (like green beans and lentils) and nuts (like pecans and almonds).

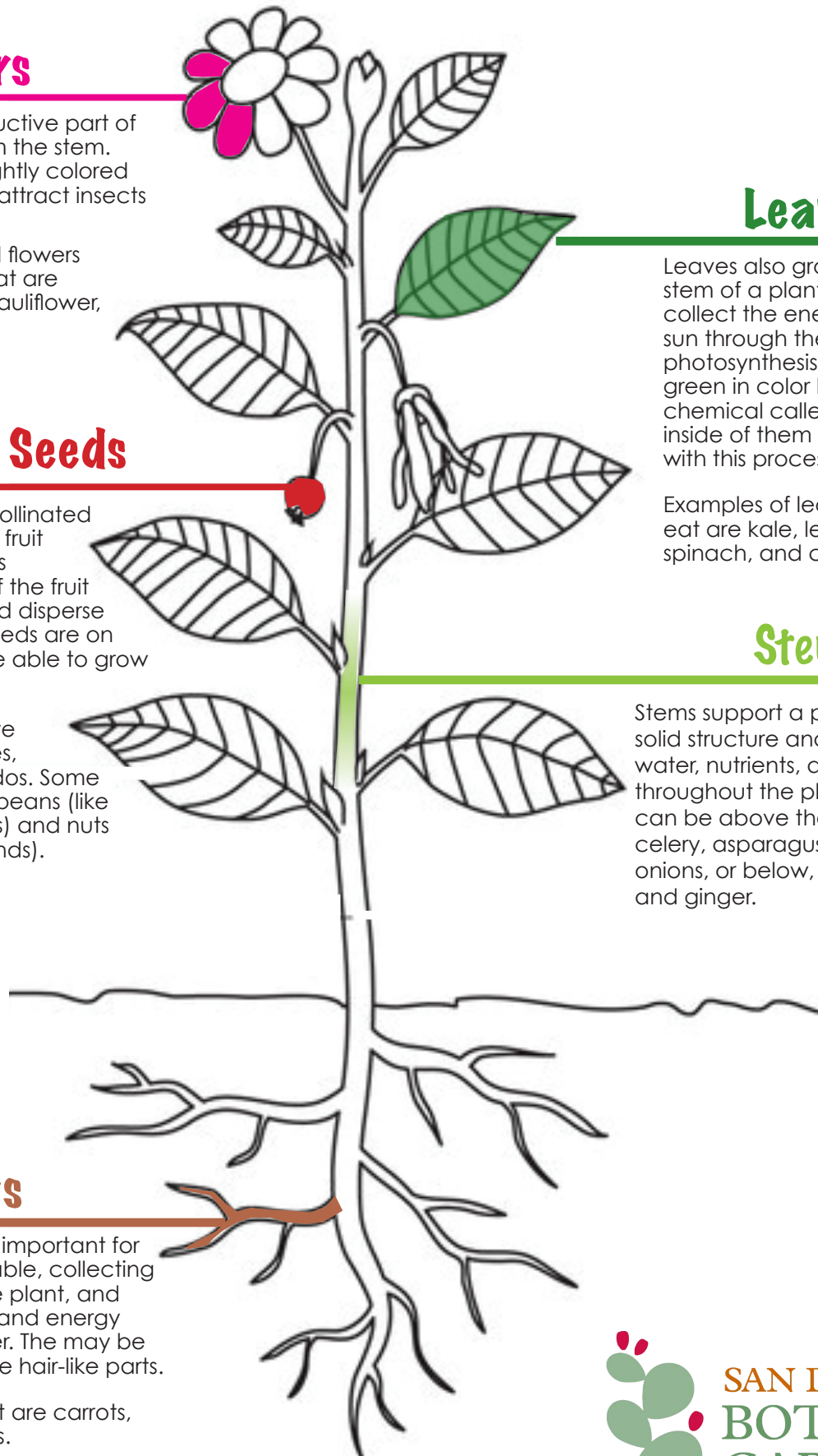
Stems

Stems support a plant with their solid structure and by moving water, nutrients, and energy throughout the plant. They can be above the ground, like celery, asparagus, or green onions, or below, as in potatoes and ginger.

Roots

Underground roots are important for helping a plant stay stable, collecting water for the rest of the plant, and holding extra nutrients and energy for the plant to use later. They may be large and fleshy or have hair-like parts.

A few roots that we eat are carrots, rutabaga, and radishes.



Which one does not belong in each row?

Find the picture that does not match the rest of the pictures in each row.

Why doesn't it belong there?

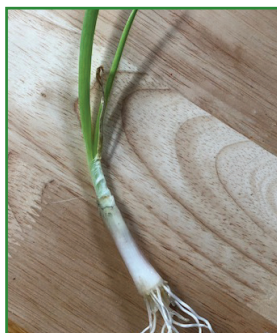
FRUIT



SEEDS



STEMS



LEAVES



Flower



**Fruit
and
Seeds**



Leaves



Stems



Roots

What Part of a Plant Are You Eating?

Now it's your turn to match the parts of a plant and create your own picture! Print out and use the blank diagram, or draw one of your own. You can cut out and use the pictures on the last page, or use things from your kitchen!

SAMPLE

What Part of a Plant Are You Eating?

Now it's your turn to match the parts of a plant and create your own picture! Print out and use the blank diagram, or draw one of your own. You can cut out and use the pictures on the last page, or use things from your kitchen!

Flower

Fruit and Seeds

Leaves

Stems

Roots



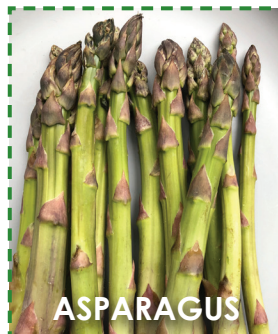
**SAN DIEGO
BOTANIC
GARDEN**



AVOCADO



CARROT



ASPARAGUS



CHARD



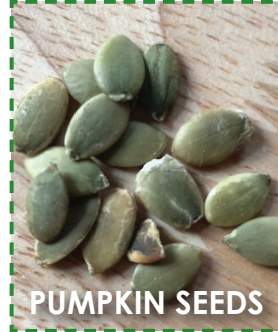
TOMATO



CINNAMON



APPLE



PUMPKIN SEEDS



CABBAGE



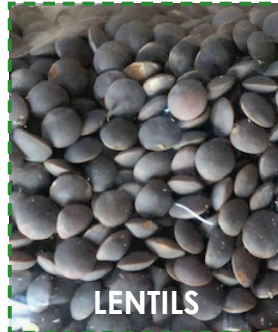
GREEN BEAN



CELERY



CORN



LENTILS



GREEN ONION



ZUCCHINI



BASIL



PECANS



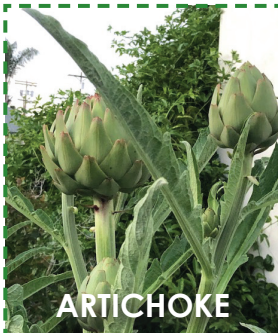
TEA



ROMANESCO
CAULIFLOWER



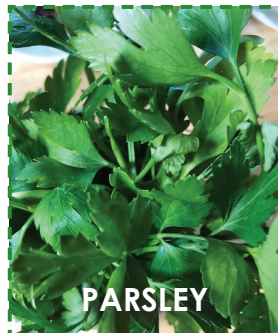
ORANGE



ARTICHOKE



ALMONDS



PARSLEY



MANGO



GINGER



BROCCOLI



POTATO



RUTABAGA



RADISH



SWEET POTATO