



What Do You Eat?

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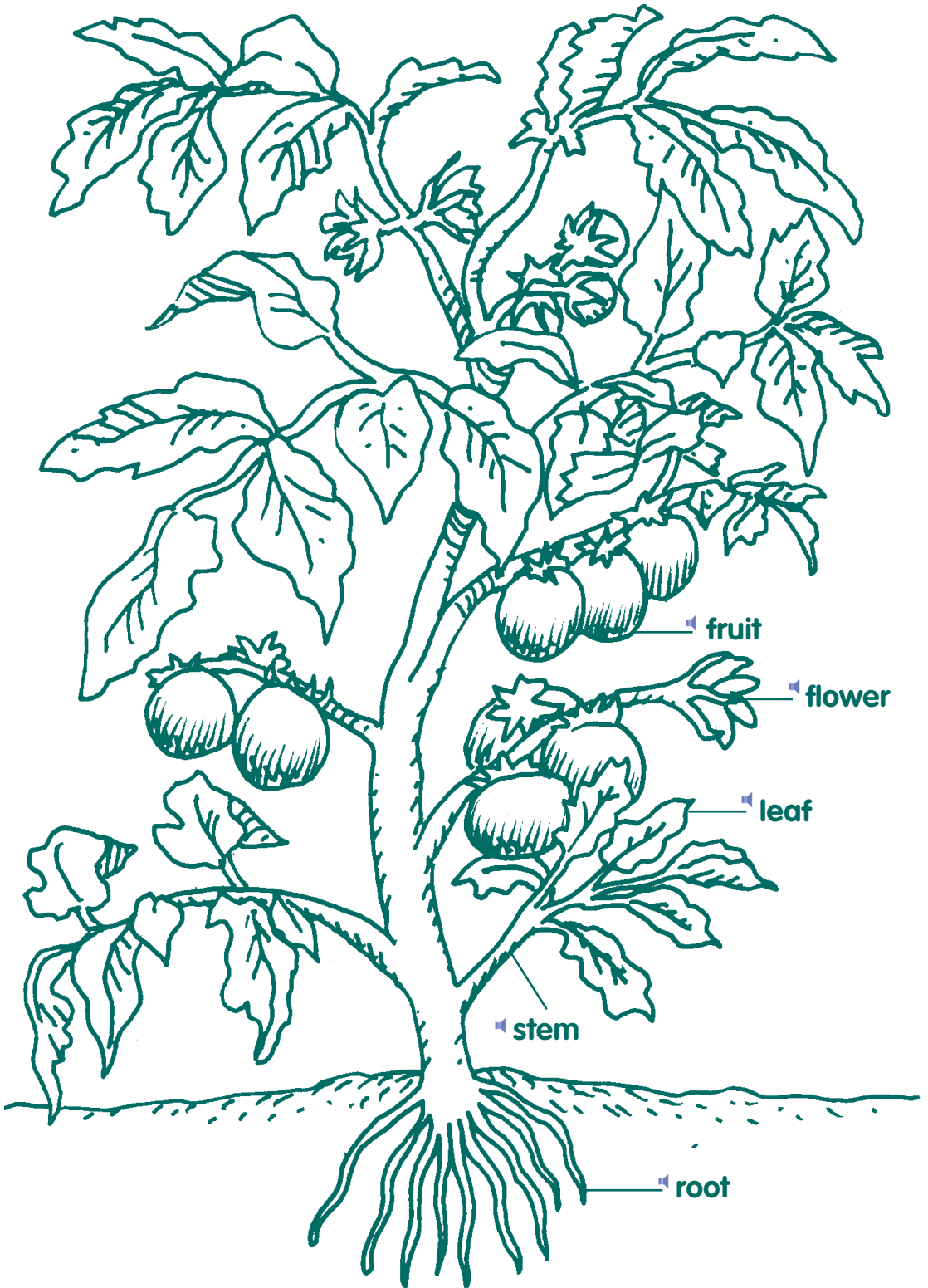
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◀ Eating Plants

Did you know that many foods you eat come from plants? That's right! Some of your favorite foods are parts of plants.

- ◀ A tomato is a perfect example. Tomato plants have fruit, seeds, flowers, stems, leaves, and roots. But with a tomato plant, you eat only the fruit and the seeds. The big, red, juicy tomato is the fruit, and the seeds are inside it.

- ◀ You probably eat other fruits every day, too. Strawberries, pears, and cherries are fruits. Some fruits, like strawberries and bananas, have tiny seeds that you eat right along with the fruit. But sometimes you eat only part of the fruit. For example, you don't eat the seeds of an apple, and you don't eat the pit, or seed, of a cherry.





Seeds

There are some seeds that you can eat just as they are. Peanuts are seeds. Wheat, corn, almonds, and walnuts are all seeds, too.

Some seeds are used to make other kinds of food. Did you know that the cereal and bread you eat are made from the seeds of plants such as wheat, oats, and rice? Those seeds are called grains. Grains are used to make flour. Then the flour is used to make bread and cereal.

Roots

Believe it or not, some plants have roots that you can eat, too. In fact, you probably have eaten roots without knowing it! Carrots and beets are roots of plants. So are radishes and turnips. Can you think of other vegetables that may be roots?





▮ Stems and Stalks

Another part of some plants that you can eat is the stem. Asparagus is the stem of the asparagus plant. Many people think celery is a stem. It is really the stalk of the leaf! Can you think of any other stems or stalks that you can eat?

Leaves

Have you ever eaten leaves? Of course you have! Lettuce, which you've likely had in salads or in sandwiches, is the leaf of a plant. Cabbage and spinach are also leaves. Do you know any other leafy foods?



Flowers

There is one other part of some plants that you can eat—the flower. Did you know that broccoli and cauliflower are the flower parts of plants? You can eat these kinds of flowers!

All plant parts can be eaten, but not all the parts of all plants. The plant part you can eat depends on the plant!



▸ **Think and Write**

- 1. What parts of plants can you eat?
- 2. Think about the foods you eat. What parts of plants do you eat the most?
- 3. What part of a plant is broccoli? What part of a plant is a carrot?

▸ **Hands-On Activity**

Favorite Fruit What is your favorite fruit or vegetable? Draw a picture of it. Tell why it is your favorite. What part of the plant is it?

▸ **School-Home Connection**

What's Cooking? Who prepares the meals in your home? Ask if you may help that person prepare the foods that are made from plants. Tell the person which parts of plants those foods are.