



Plant Parts Salad

Grade 1

Standards

GPS S1L1c (science)

NGSS 1.LS1.A (science)

HE1.1 a (health)

Time

(2-3) 45 minute periods over 2 days

Supplies

- Salad spinner or strainer
- Veggies/greens harvested from garden representing different parts of plants (supplemented by purchased vegetables, if needed) for both sorting and salad-making
- Salad dressing – several choices
OR ingredients for vinaigrette including oil, vinegar, herbal seasonings
- Large salad bowl, whisk, serving utensils
- Tasting materials (small paper cups and forks- one per student)
- Book: [Eat Healthy, Feel Great](#) by William Sears OR [The Vegetables We Eat](#) by Gail Gibbons
- 6 index cards, each labeled with a plant part
- 3 – 4 straw bales for compost heap (optional; directions in lesson)
- Student garden/science journals

Garden Connection

Students will grow and harvest fall (or spring) vegetables in a garden.

Note

If using fruits and vegetables from a store or market, purchase plants that would typically be grown in the school garden, such as nutritional leafy green lettuce rather than a head of less-nutritional iceberg.

Overview

Students will harvest vegetables from the garden, taste a variety of plants and learn about their nutritional value. Students will learn parts of a plant by making a "plant parts salad."

Guiding Questions

What can I grow in the garden that I can eat?

How do I know if I'm eating healthy foods?

What are the parts of a plant and what does each part do for the plant?

Engaging Students

Students will sort a group of fruits and vegetables by parts of plants.

Exploration

Students will listen to a book about healthy eating and harvest vegetables from the school garden to make a salad that contains all the parts of a plant: leaves, stems, roots, flowers, and fruits, seeds or nuts.

Explanation

Students will be able to explain which vegetables come from which parts of a plant, based on the functions of different plant parts. Students will also understand that a variety of fruits and vegetables of different colors provides the widest nutritional value.

Environmental Stewardship

Students will compost leftover salad ingredients and care for an organic school garden from which vegetables can be harvested for healthy eating.

Evaluation

Students will be able to sort plant parts accurately and explain plant part functions. Students will also be able to gauge how healthy their food choices are by counting the number of colors on the plate (as an indicator of the variety of vegetables and therefore nutrients). A rubric is provided to assess student demonstration of competency in identifying plants parts, explaining functions, and describing healthy eating as it relates to fruits and vegetables.

Plant Environments Lesson Plans First Grade

Zhe Xu



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