

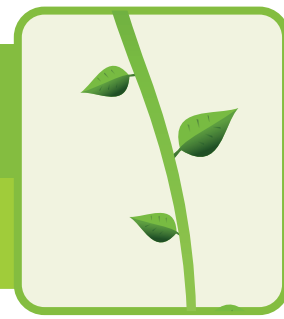


Did you know that we eat many different parts of the plant? We eat the **stem** of the plant when we eat asparagus or celery. We eat the **leaves** of the plant when we eat lettuce. We eat the yummy **fruits** of the plant, and those fruits have seeds inside of them. Sometimes we can eat the seeds, like when we eat strawberries or cucumbers, and sometimes we don't like to eat the seeds, like when we eat apples or grapes. When we eat veggies like corn or peas, we are actually eating the **seeds** from the plant! When we eat other veggies like carrots or potatoes, we are eating the **roots** of the plant. Cauliflower, artichoke and broccoli plants produce **flowers** that are tasty to eat.

Sometimes we eat more than one part of the plant. Many people like the root of the beet plant, but the leaves are also yummy. Beet leaves are used in salads when the leaves are young and tender. When they get bigger, beet leaves can be bitter, so they taste better cooked. We usually eat the root of the onion plant, but the stems taste good too, when they are young and tender.

Some of the plants we eat are **poisonous** if we eat the wrong part. Did you know that the leaves of a tomato plant are poisonous? For many years people would not even eat tomatoes because they thought the entire plant was poisonous! Now we know the fruit of the tomato plant is safe and delicious, plus it has vitamins that are very good for us too!

Now think about the plant facts you just read above. On the next page, answer the questions. You may look back at the facts for help.



1. Which part of a plant can we eat? (Circle **all** correct answers.)

- a. stem b. leaves c. fruit d. seeds e. flowers

2. We eat more than one part of these plants: (Circle **one** answer.)

- a. spinach and lettuce b. okra and tomatoes
c. beets and onions d. radish and carrot

3. When are beet leaves good to eat?

_____ .

4. The fruit of this plant is delicious, but the leaves are poisonous.

It is a _____ .

5. What is a plant that you love to eat? _____

What type of plant part is it? (Circle **all** answers that apply.)

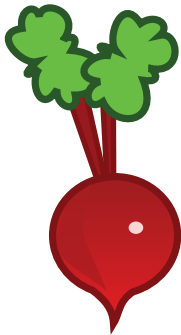
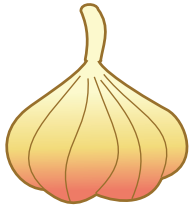
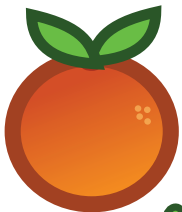
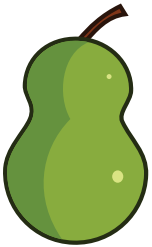
- a. stem b. leaves c. fruit
d. seeds e. flowers d. radish and carrot

PLANT
PARTS

We Eat!



Now match the plants to the parts we eat!



roots

stems

leaves

seeds

flowers

