



Plant Part-y Salad

Introduction

Students work at stations to prepare vegetables for a big salad as a fun way to review the parts of plants. Note: An adult helper should be available to supervise students while cutting or grating. See [Supplemental Information for Plant Part-y Salad](#).

Materials Needed

- ◆ Plant part vegetables, washed
- ◆ Cutting boards, knives, graters
- ◆ Big salad bowl and serving utensils
- ◆ Bowls and eating utensils
- ◆ (optional) Salad dressing

Key Concepts

- ◆ Plants are composed of roots, stems, leaves, flowers, fruits, and seeds.
- ◆ Various parts of plants are used for food.

For standards correlation please see our website.

Procedure

1. Set up stations for Roots, Stems, Leaves, Flowers, Fruits, and Seeds with plant part vegetables, equipment needed for preparing the vegetables, and directions. (See attached list.)
2. Have students identify the various vegetables shown growing in *Molly's Organic Farm*. Identify the part of the plant that is eaten.
3. Divide the class evenly among the stations. Have students prepare the vegetables with the help of an adult.
4. When the vegetables are prepared, add them together in a big bowl. Serve.
5. Optional: While eating, play the songs "Roots, Stems, and Leaves" and "Dirt Made My Lunch," by the Banana Slug String Band. (See Additional Resources below.)

Nature Connections

- ◆ Plant a crop of each of the "Plant Part-y Salad" ingredients in your school's garden.
- ◆ Make "Plant Part-y" soup using all of the plant parts.

Additional Resources

The website "Songs for Teaching" lists and sells music that supports classroom science concepts. Download or purchase the "Dirt Made My Lunch" CD by the Banana Slug String Band.

<http://www.songsforteaching.com/>



Supplemental Information for Plant Part-y Salad



Stations for a Plant Part-y Salad

Roots

- ◆ Plants for salad: **carrots, radishes, green onions, beets**
- ◆ Equipment: graters, knives, cutting boards
- ◆ Directions: Grate carrots, slice radishes and green onions. If young and tender, beets may also be grated.

Stems

- ◆ Plants: **celery, asparagus**
- ◆ Equipment: cutting boards and knives
- ◆ Directions: Dice celery and cut asparagus into small pieces.

Leaves

- ◆ Plants for salad: **lettuce**, and other leaf crops such as **cabbage, spinach, chard**
- ◆ Equipment: large salad bowl
- ◆ Directions: Tear washed lettuce leaves directly into the salad bowl.

Flowers

- ◆ Plants for salad: **broccoli and cauliflower**
- ◆ Equipment: cutting boards, knives
- ◆ Directions: Cut broccoli and cauliflower heads into small pieces.

Fruits

- ◆ Plants for salad: **tomatoes, beans, cucumbers, and apples**
- ◆ Equipment: cutting boards, knives
- ◆ Directions: Cut tomatoes into wedges. Cut green beans and apples into small pieces. Peel and slice cucumber.

Seeds

- ◆ Plants for salad: **sunflower seeds, pumpkin seeds, peas, corn**
- ◆ Equipment: cutting boards and knives
- ◆ Directions: Shell peas and cut corn kernels from ears. Have bowls of pumpkin and sunflower seeds to sprinkle into the salad after all vegetables have been added.

