

Six Plant Parts Tortilla Wrap

Grade Level: Adaptable for 2-5
Total Lesson Time: 45 minutes



Lesson Overview

In this lesson students learn that the fruits and vegetables we eat come from six different plant parts. The lesson combines a focus on plant anatomy with discussion of healthy food choices and a delicious snack. Students also review their knowledge of the nutrient cycle, covered in previous lessons, and discuss how nutrients flow to all plant parts.

Objectives

Students will:

1. Be able to identify the plant parts that people eat (Ecology/Environment E.4.1; Science F.4.4)
2. Understand how to make healthy food choices (WI.N.B; Healthy Behaviors B.4.1, B.4.4; Health A.4.3)
3. Know how to make a simple, healthy snack (WI.HE.C; Health A.4.3; Healthy Behaviors B.4.1)

Preparation

1. Prepare vegetables – corn needs to be cooked.
2. Pepper, carrot, celery, and broccoli need to be cut.
3. Cut into small, 'kid-friendly' pieces.

Materials

Food

Tortillas
Cream cheese
Veggies representing 6 plant parts
Example: corn (seed), red bell pepper (fruit), spinach (leaf), carrot (root), celery (stem), and broccoli (flower).

Supplies

Plastic knives (for spreading cream cheese)
Napkins
Plates

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REAP Food Group:
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Procedure

Review

Have students form a discussion circle on the floor and ask them to share some of what they learned from previous lessons.

Introduction and “Roots, Stems, Leaves” song

Tell students that they will be learning about all the different plant parts that people eat. Ask students to name as many plant parts as possible: seed, fruit, flower, stem, roots, and leaves.

Sing along with “Roots, Stems, Leaves” by “Solar” Steve Van Zandt of the Banana Slug String Band. Many great food and plant related songs, including “Roots, Stems, Leaves” are available on CD and in songbooks from the Banana Slug String Band at www.bananaslugstringband.com.

Plant Part Review and Snack Guessing Game

Write the six plant parts on the board and ask students to list examples of fruits and vegetables representing each part.

Next, tell students that they will be making and eating a snack that has all six plant parts in it. Referring to the list on the board, and taking each plant part one at a time, ask students to guess what they will be eating in their snack. Following student guesses, introduce each veggie that they will eat.

Another fun option is to reverse the lesson and have students make their tortilla wrap and then identify the plant parts that are represented.

Snack

Pass out tortillas and help students spread cream cheese on them. Distribute veggies and have students put them on the tortilla before rolling it up. Eat and enjoy!

Student Choice Song

Wrap-up by singing or listening to one of the students’ favorite songs from a previous lesson.

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