

Fruit to Seed

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



Lesson Overview

The intention of this lesson is to review and connect the previous four lessons, clearly showing that plant life is cyclical and involves all parts of a plant. We started this series of lessons by teaching about seeds, and here we are again, back to the seed. This cycle is one that people are intimately tied to and dependent on for our food. We help plants grow, and when we eat plants, they help us grow and stay healthy. This lesson is also a celebration of the food that plants provide for us. Students help with simple preparation of a fruit salad and then enjoy it as a snack.

Objectives

Students will:

1. Know the life cycle of plants (Science: Content Standard F; C.4.2, F.4.3, F.4.4)
2. Understand the function of fruit (Science C.4.2, F.4.4)
3. Demonstrate simple food preparation (W.I.N.C; W.I.N.E; Science C.4.2, F.4.4)

Preparation

1. Purchase food and supplies listed above and cut into large chunks that students will then cut into smaller pieces for their salad.

Materials

Food

Jicama
Mint
Cucumber
Watermelon
Cantaloupe
Lemon juice

Supplies

Plastic knives and forks
Paper plates
Napkins

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REAP Food Group:
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Procedure

Review

Ask students what they learned in the previous lesson, “Flowers and Fruit.” How are flowers and fruit related? What is inside the fruit? Seeds. What was the subject of our first spring lesson? Seeds

Discussion and Diagramming of Plant Life Cycle

After connecting back to seeds in the review, pause to reflect with students. “Wait a minute! I think we’ve discovered something. Plant life is one big cycle.”

Ask students to list the 6 plant parts while you write them on the board: roots, stems, leaves, flowers, fruit, and seeds. Draw a plant diagram on the board asking for direction from the students. Start by drawing a seed and ask students what happens to the seed. Roots grow down. (Draw the roots.) The stem grows up. (Draw the stem.) Continue with the leaves, flower, fruit, and seed again.

Recap by writing the names of the plant parts in a circle connected by arrows to clearly illustrate the cycle. Seed to root, to stem, to leaves, to flower, to fruit, and back to seed for production of a new plant.

List Fruits we eat

Ask students to name as many fruits as they can think of and write them on the board. Encourage the naming of fruits that we usually think of as vegetables (anything with seeds on the inside).

Celebration Snack

This snack, based on a Mexican fruit salad recipe, is made up of mostly fruit with a couple guests: mint (a leaf) and jicama (a root). We cut the food into large chunks ahead of time, and then passed them out one at a time for students to cut into bite size pieces on their plate. Students should use plastic knives, but remind them that they can still get hurt so they should use them responsibly and set them flat on their plate when they aren’t using them for cutting. Once the fruit, jicama, and mint were cut and mixed together we squeezed a bit of lemon juice on the salads. This can be messy, so have plenty of napkins and extra paper plates on hand.

Eat and enjoy!

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