



# Unit II - Six Plant Parts We Eat

**Grade Level: adaptable for K-4**

## **Unit Goals**

Students will know what plants need to grow and how they develop.  
Students will understand how food links people, plants, and the environment.  
Students will know how to make healthy food choices.  
Students will gain comfort eating a wide variety healthy food.

## **Unit Overview**

This unit is comprised of interactive lessons in which students participate in discussion, inquiry, song, role-play, and healthy food tasting. All lessons are aligned with Wisconsin Model Academic Standards.

This unit focuses how plants grow and provide people with nutritious and delicious foods. The lessons follow the development of plants from seed to fruit, teaching students about the function of the six plant parts people eat. Every lesson includes a tasting activity incorporating one or more of the featured plant parts.

## **Lessons Included**

1. Journey of a Seed
2. Roots and Stems
3. Leaf Lesson
4. Flowers and Fruit
5. Fruit to Seed

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Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:  
[www.reapfoodgroup.org](http://www.reapfoodgroup.org)

UW-Madison Center for Integrated  
Agricultural Systems: [www.cias.wisc.edu](http://www.cias.wisc.edu)

