

Parts of a Plant Roll-Up

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LESSON SUMMARY

In this lesson, students will learn about the parts of the plant and prepare a vegetable rollup to eat.

LESSON OBJECTIVES

Students will be able to:

- Identify the parts of the plant, including: roots, stem, leaves, flowers, fruits, and seeds.
- Share a meal they have made from the school garden.

ASSESSMENTS

Students will:

- Identify six parts of the plant.
- Give examples of edible plant parts from the school garden.

MATERIALS

- Cutting boards
- Kid-friendly knives
- Tortillas
- Cream cheese
- Variety of vegetables/fruits harvested from school garden or purchased. Include edible parts of plant such as:
 - Stems – celery, chard
 - Roots – shredded or sliced carrots, beets, kohlrabi, onion
 - Leaves – lettuce, chard, herbs
 - Flowers – broccoli, nasturtium, borage, cauliflower
 - Fruits – apples, pears, berries, sweet peas
 - Seeds – sunflower, flax, pumpkin, sesame

BEFORE YOU BEGIN

Survey your garden to see what is ripe that can be used for the lesson. Depending on the timing and skill level of your class, you could have the students harvest, wash and cut up all or part of the food, or you could prep most all of it beforehand and have it in bowls ready to go.

Set up table with all the cooking/prepping materials you will need. Have cutting boards set out on the tables.

Have cream cheese softening. Tortillas can be used cold or warmed up.

PROCEDURES

1. Have student gather together and ask them, “What parts of the plant do we eat?”
2. Make a chart of the plant parts and foods that match each part.
3. Tell them that they are going to make Vegetable (and fruit) Rollups with as many of the part plants as possible.
4. Head out into the garden to harvest.
5. Have the students wash their hands after harvesting, then wash and prep the food.
6. Put all veggies and other foods out on the table in order from stems to seeds, buffet-style.
7. Spread cream cheese on each tortilla and let the kids make their own creations.
8. As kids are sitting down to eat, ask them to think about who or what we should thank for all the foods (bees for pollinating, the sun for giving energy, rain, the chard, the worms for helping with the soil, etc.)

