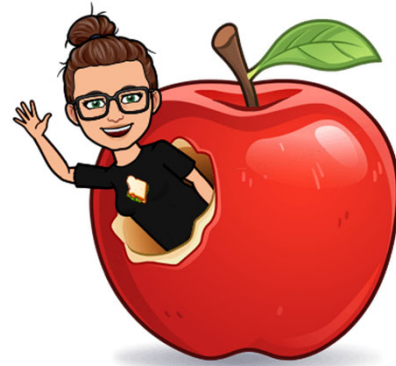




Oregon Grown



With Mrs. Paolina !

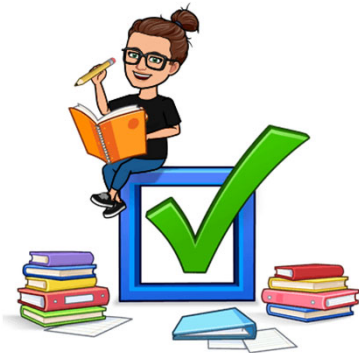


Hello Students! Welcome to the Oregon Grown classroom with Mrs. Paolina. Here we get learn all about Oregon grown foods and healthy ways we can eat them!

*****Teachers note:** Length: About 15 minutes with pauses and discussion.



Plant Parts Mini Lesson



- Plant part gardens
- Parts of a plant
- Fun facts and Try it!



Today's Mini Lesson is all about Plant Parts!

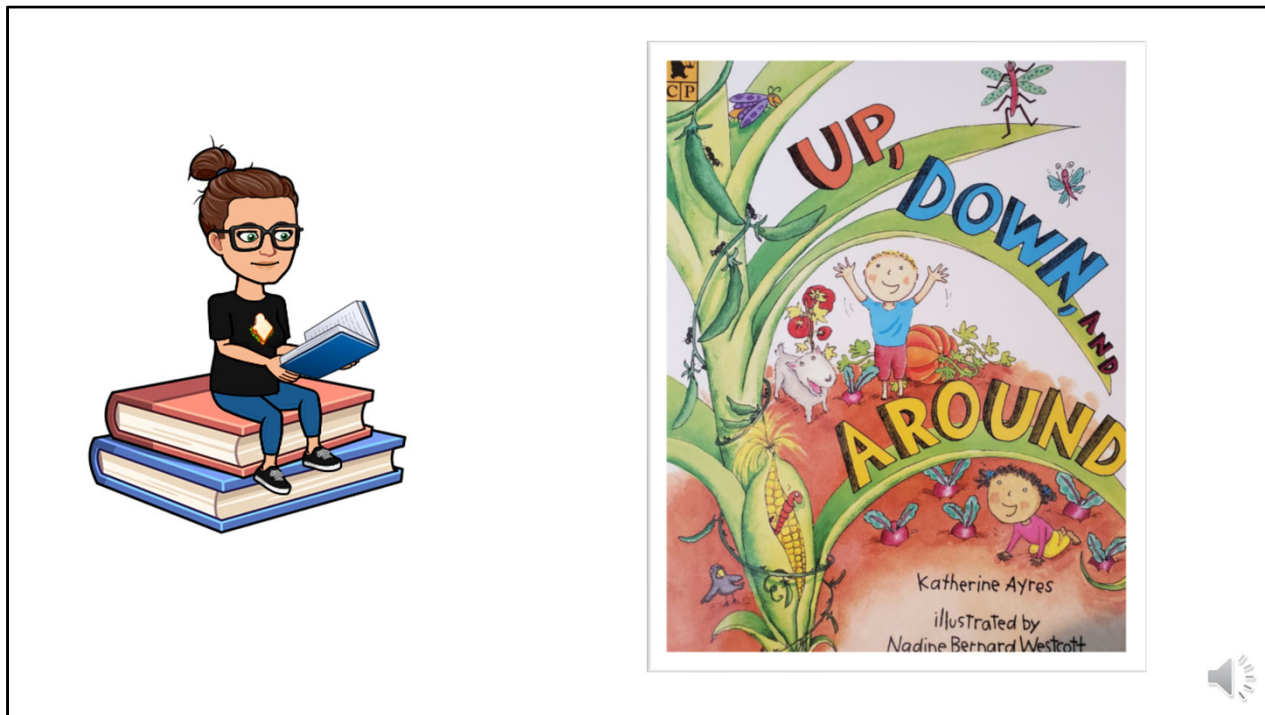
First, we get to visit two of my special plant part gardens.

Next, we are going to learn the parts of a plant.

Then, we will end our lesson with fun facts and a recipe you can try at home!

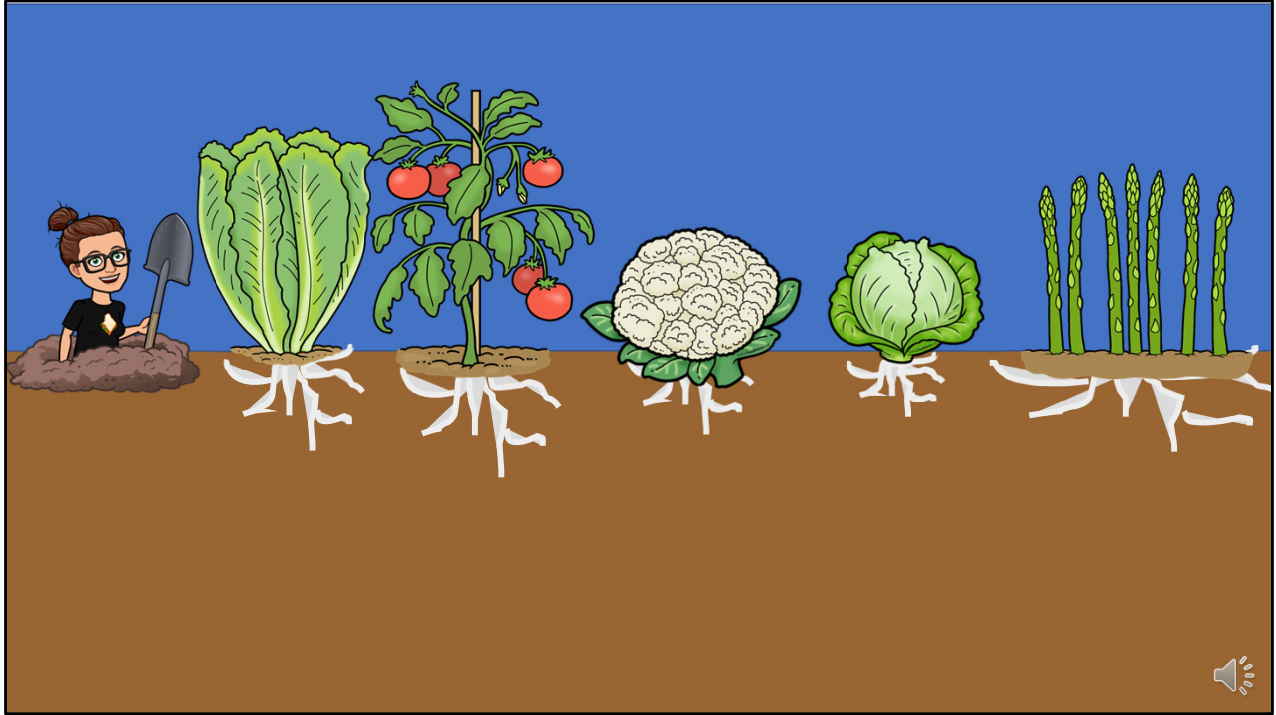
Are you ready?!

*****TEACHER NOTE:** Coming up next is where I ask if the students have read the Tops & Bottoms book.



Here it is! Up, Down, and Around is a book that I love to share with all my students. This book helps us understand the different parts of a plant and the parts we can eat! Have you read this book? If not, that's okay. Let's stop here and read it! If you have already read this book, let's keep learning!

*****TEACHERS NOTE:** You can check this book and/or lesson kit out by contacting your Klamath County's extension office's SNAP-Ed program. The books can be delivered with or without your classroom kit prior to the lesson date. An OSU educator will set up a time to pick up the book and/or lesson kit after the lesson date. Please pause here to read the book to students. If you have already read the book, move on to the next slide for discussion.



Welcome to my first Plant Part Garden.

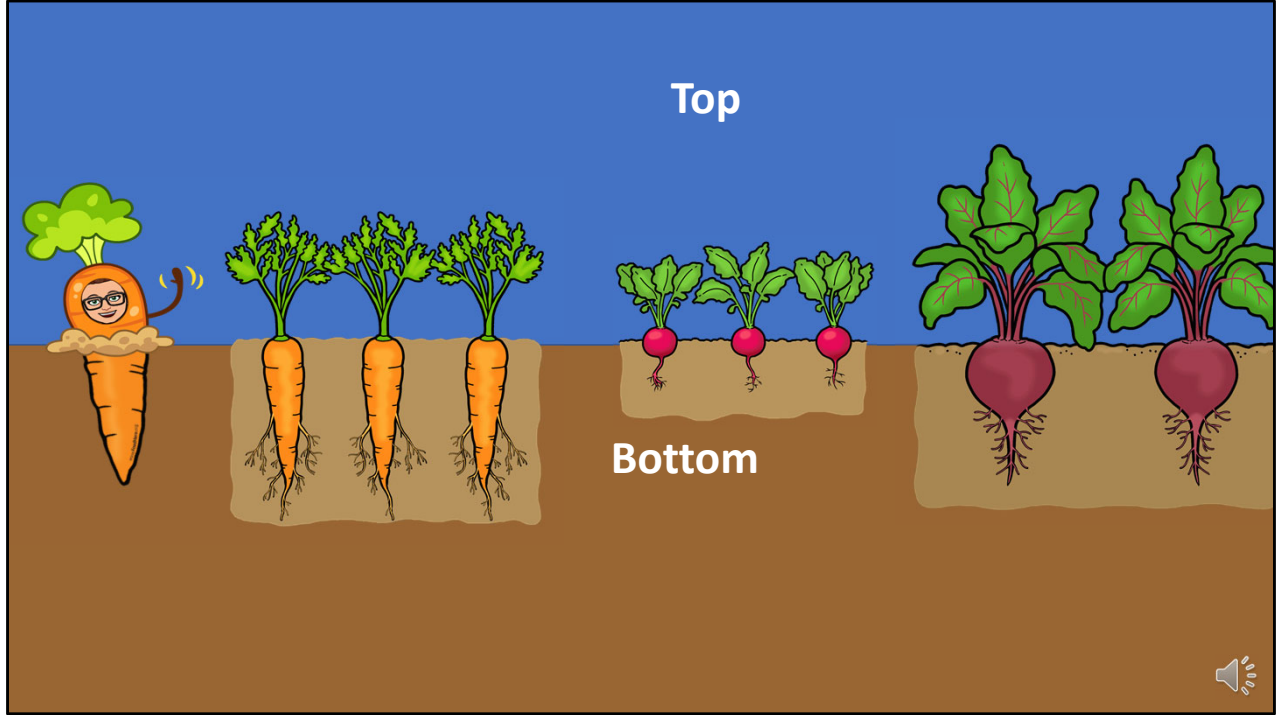
In this garden we have lettuce, tomato, cauliflower, cabbage and asparagus. Now stop and think. Do you we eat the tops of these plants or the bottoms? I'll let you guess.

*****TEACHER NOTE:** Stop and let students guess.

That's right! We eat the tops. We eat the leaves of the lettuce, the fruit and seeds of the tomato, the flower of the cauliflower (you heard it, we eat flowers!), the leaves of the cabbage and the stems of the asparagus. These are all tops because they grow above the ground. The roots grow under ground, the bottoms!

What are some of your favorite tops to eat?

*****TEACHER NOTE:** Pause here to discuss different tops students like to eat.



Welcome to another one of my gardens!

Let's check out what I have planted here.

Looks like we have carrots, Radishes, and beets

Now let's think. look hard, turn your brains on!

Do you think we eat the tops of these plants or the bottoms?

You guess.

*****TEACHER NOTE:** Stop and let students guess.

Right again! The bottoms. We eat the bottoms of these plants because they're roots.

Carrots are a root, radish is a root, and beets are roots. That is why we call them root

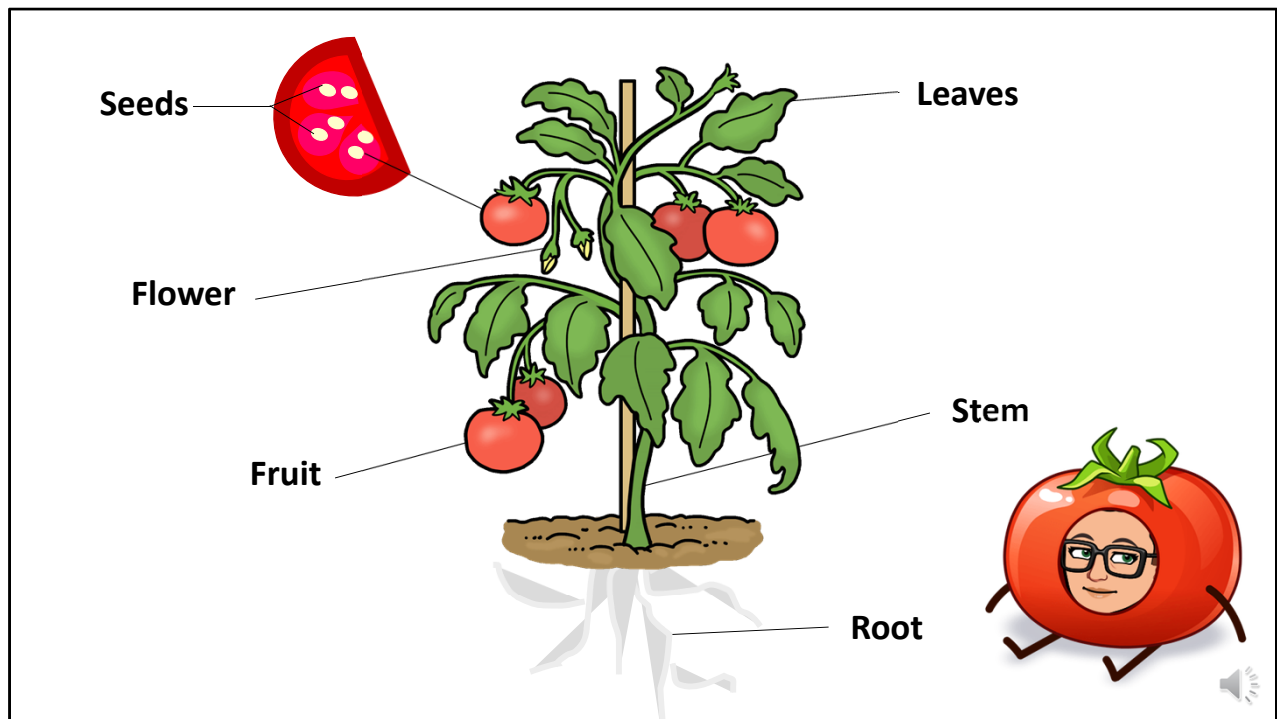
vegetables. What is your favorite bottom to eat? Now the great part about these root

vegetables is that sometimes you can eat the tops as well. Some people put carrot tops,

radish tops or even beet tops in their salads, something different, might be fun to try!

*****TEACHER NOTE:** Pause here to discuss students want to discuss their favorite bottoms

to eat.



Sorry guys! Just dropping in here to dig a little bit deeper into the parts of a plant. Each plant has different parts. Each part has a job in the garden to help the plant grow. Let's talk about Seeds; the job of a seed is to take root and grow into new plants. Did you know we eat seeds? Examples of seeds we eat include corn, beans, and peas.

What about leaves? What do they do? The Leaf's job is to soak up the sun's energy and produce food for the plant to grow. Examples of leaves we eat include lettuce, cabbage, spinach, and kale.

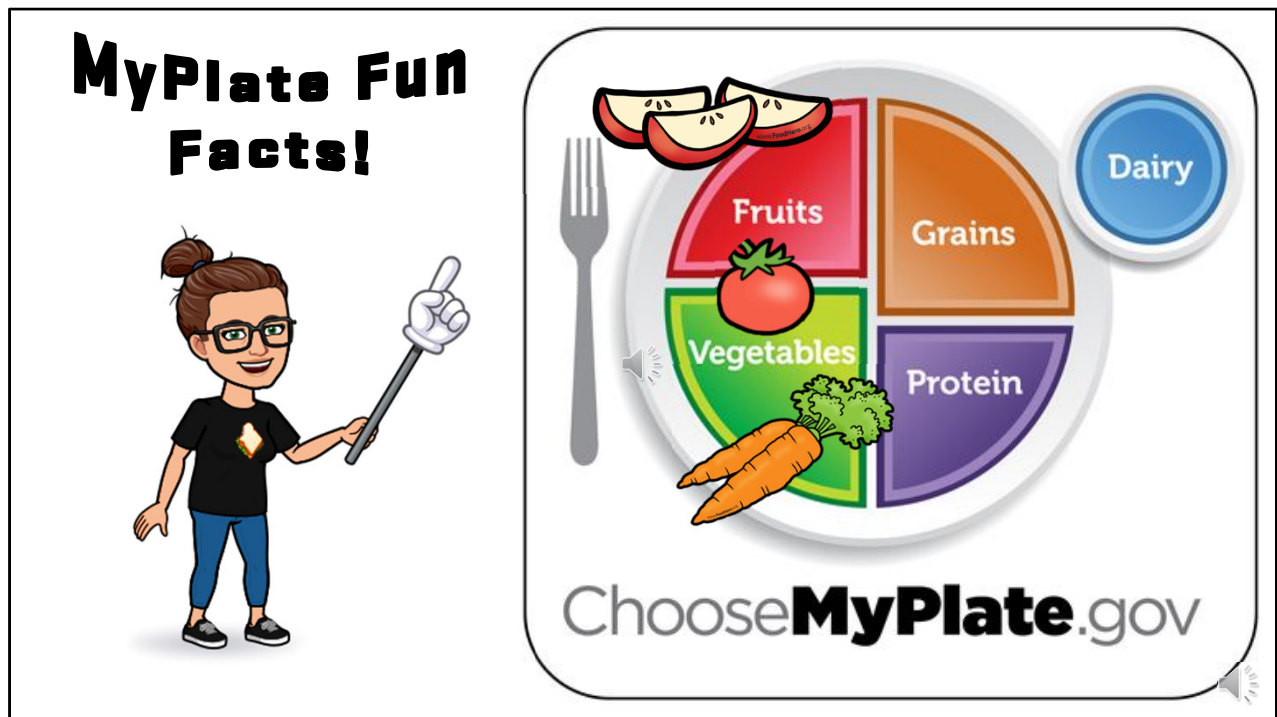
Next, Flowers. A Flower's job is to turn into fruits and the seeds they carry. Examples of flowers we eat include cauliflower and broccoli.

Oh! Don't forget the stems. A stem's job is to transport water and food throughout the different parts of a plant, allowing the plant to grow and change. Examples of stems we eat include asparagus and celery.

Fruits, another one of my favorites. A fruit's job is to protect and hold the seeds of a plant. Examples of fruits we eat include tomatoes, pumpkins, squash and cucumbers.

Last but not least, the roots. The root's job is to absorb water and food from the soil. It also anchors the plant into the ground. We don't want the plant to fall over if the wind blows! Examples of roots we eat include radishes, beets, carrots, and potatoes!

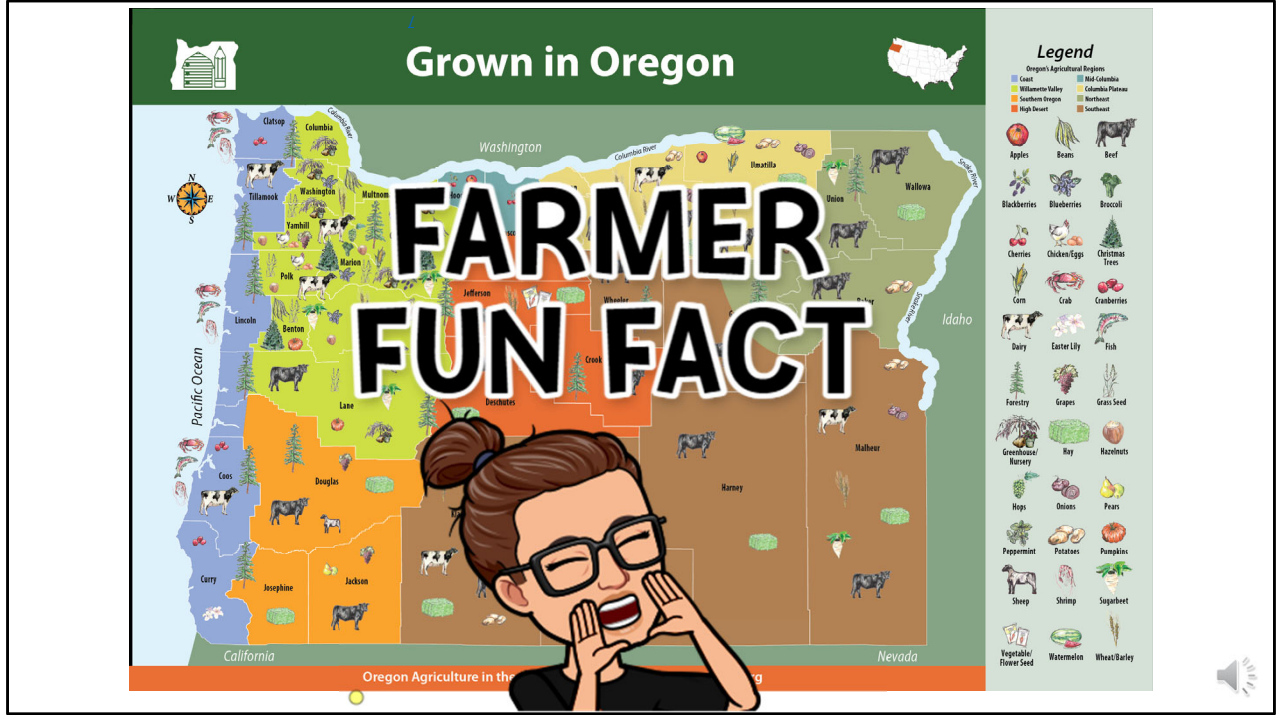
*****TEACHER NOTE:** You can find a printable version of the Plant Part poster and quiz on our website located on this lesson webpage under supporting materials.



Are you ready for MYPLATE FUN FACTS!

All the different parts of the plant we eat are fruits and vegetables. So, how do you tell the difference? Fruits are the fruit part of the plant and carry seeds. Vegetables are all other parts of the plant, like roots, stems, leaves and flowers that do not carry seeds. For example, Apples are the fruit of a plant and carry seeds, so they belong to the fruit group. Carrots are the root part of a plant and do not carry seeds, so they belong in the vegetable group.

What about tomatoes! They have seeds but most people call them a vegetables. It depends on who you are talking to, a chef will call a tomato a vegetable, but a plant scientist (also called a botanist) will call it a fruit because it carries seeds and is the fruit part of a plant! So, I always just put them in the middle so it can belong to both groups. Now fruits and vegetable play a very important role in our health. They help our body in all its different functions and they are rich in fiber. Fiber is important in heart health and our intestines. `



Don't forget our FARMER FUN FACT!!!

Oregon farmers, ranchers, and fisherman produce more than **225** crops and livestock, making Oregon one of the most diverse agricultural states in the nation.

Farmers are important people in our lives. Without them we would not have all the tops or bottoms foods we eat every day! GO FARMERS!

Try It! Plant Part Salad

Ingredients

- 6 cups leaves such as lettuce spinach, chard
- 1 cup roots such as beets, carrots, radishes
- 1 cup stems such as celery, broccoli stems, chard stems
- 2 cups fruit such as apple, tomato, cucumber
- ¼ cup seeds such as sunflower seeds, peas, beans

Directions

- Wash your hands
- Wash all fruits and vegetables
- Tear leaves into small pieces. Place in large bowl.
- Cut or grate roots, stems, flowers and fruit into bit-sized pieces. Add to bowl.
- Add your favorite dressing or checkout foodhero.org for a new dressing recipe!



Now for our recipe, Let's see if you want to try it!

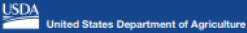

Today's recipe is a delicious plant part salad, something you can try with your people at home! It has fruits, roots, leaves, seeds and stems! Remember, when trying new foods, your tongue is growing and changing all the time just like you. So, you never know when you might like something new.

*****TEACHER NOTE:** See our lesson page under supporting lesson materials on our website for recipe this handout to email or print to send home to students.

See you next time!



Well students, that is the end of our lesson today. Thank you for learning with me in our online Oregon Grown classroom! See you next time!

AND JUSTICE FOR ALL

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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o'

fax:
(833) 256-1665 o' (202) 690-7442;

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program.intake@usda.gov.

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Form AD-475-S SNAP and FDIR Poster/ Revised September 2019

Atche del Formulario AD-475-S SNAP y FDIR / Revisado Septiembre 2019

*****TEACHER NOTE:** If program delivered in a non-school setting, you must read the script below

Oregon State University's Klamath County Extension Service would like to take a moment to share with you the And Justice For All poster, something we display when we are teaching. It provides non-discrimination information stating that our institution is prohibited from discriminating in accordance with civil rights regulations and policies. For more information see this link -> <https://www.fns.usda.gov/cr/and-justice-all-posters-guidance-and-translations>

This program is partially funded USDA's Supplemental Nutrition Assistance Program.

Credits Slide (1 of 1)



Oregon State University
Extension Service



Project funded, in part, by Oregon Department of Ed Farm to School & School Garden Grant

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Photos Sources: FoodHero.org

Farmer fun facts by: <https://oregonfb.org/2018agweek/> & <https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Pages/OregonHarvestforSchools.aspx>

Activity Source: Oregon Agriculture in the Classroom Foundation



Oregon Agriculture in the
Classroom Foundation

