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# HARVEST OF THE MONTH

## *November: Cabbage*

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### **Nutrition News—**

Think you can only find nutritious veggies fresh in warm months? Think again, because this hardy, cool weather crop is packed with vitamins and minerals like vitamin K, vitamin C, vitamin B6, manganese, and iron.

Don't limit yourself to green cabbage, purple cabbage contains even more vitamin C.



### *Did you know?*

Cabbage is a cole crop, meaning it is a member of the mustard family along with broccoli and kale, among others.





# PLANT PARTS WE EAT

## Standards of Learning:

Science: 1.4, 4.2

## Objectives:

Students will be able to—

- Identify the parts of a plant.
- Sort plants by the part we eat.

## Materials:

- Tops and Bottoms by Janet Stevens
- Fresh or artificial vegetables (list at end of lesson plan)
- 8 ½ X 11 signs (TOPS, BOTTOMS, MIDDLES)
- 8 ½ X 11 signs (ROOT, STEM, LEAF, FLOWER, FRUIT, SEED)



## Background Knowledge:

There are parts of vegetables and fruits that we eat but we do not eat the same part of every vegetable. We can eat the roots, stems, leaves, and seeds of different types of vegetables. For example, when we eat a carrot we are eating the root. When we eat celery we are eating the stem. Eating peas or wheat means we are eating the seeds. Cabbage is the leaf part of the plant that we eat. Therefore, this is why we eat the top, bottom, or middle of different types of vegetables.

## Plant Part Definitions:

**Roots** – usually the underground part of a plant that absorbs water and nutrients and can also store food; means of anchorage and support for plants

**Stems** – the main trunk of a plant that supports and carries water and nutrients to the rest of the plant

**Leaves** – the outgrowth from the stems whose main function is to produce food for the plant through photosynthesis

**Flowers** – the parts of the plant that hold the reproductive organs

**Fruits** – the fleshy part of the plant that holds the seeds

**Seeds** - the fertilized ripened ovule of a flowering plant containing an embryo and capable normally of germination to produce a new plant.

## Edible Plant Parts

**Roots** – carrot, radish, beet, turnip, parsnip, sweet potato

**Stems** – celery, asparagus, potato (fleshy underground stem called a tuber), rhubarb, cinnamon

Leaves – lettuce, cabbage, spinach, onion (bulb), garlic (bulb), parsley, dill, rosemary, thyme, sage, collards, brussel sprouts

Fruit – tomato, cucumber, squash, apple, peppers, eggplant, pears, avocado, peach, green beans

Flowers – broccoli, cauliflower, artichoke, capers

Seeds – corn, peas, peanuts, black-eyed peas, kidney beans, pinto beans, black beans

## ***Procedure:***

1. Read the book *Tops and Bottoms* by Janet Stevens.
2. Have students categorize vegetables that were in the story into groups (TOPS, BOTTOMS, MIDDLES).
3. Introduce other vegetables (not in the story) and sort them into the three groups.
4. Review the six basic parts of a plant and their functions .
  - Roots – absorb water and nutrients; anchor the plant in the soil; store food
  - Stems – transport water and nutrients to the plant and provide support
  - Leaves – make food for the plant through photosynthesis; store food
  - Flowers – attract pollinators to the plant
  - Fruits – holds and protects the seeds
  - Seeds – germinate and grow a new plant
5. Group the same vegetables used in steps 2 & 3 into the six basic plant parts.

## **Suggested Vegetables**

Roots – carrot, turnip, radish, beet, sweet potato, parsnip

Stems – Irish potato, asparagus, celery

Leaves – lettuce, cabbage, spinach, collards, onion, scallions, garlic

Flowers – cauliflower, broccoli, artichoke

Fruits – tomato, cucumber, squash, pepper, beans in a pod

Seeds – corn, peanuts, peas (shelled), beans (shelled), oats, wheat, rice, barley, rye

## ***Extension:***

Have a salad party. Include all parts of the plant in individual serving bowls. Try to include at least two from each category. Label each bowl with the name of the vegetable and the plant part (example: carrot – root, lettuce – leaf). Encourage students to choose at least one vegetable from each category for their salad. Provide students with a variety of dressings and toppings.

