

Learning Objective:

To identify parts of a plant that different foods come from.

I can explain that plants need water, light and a suitable temperature to grow well.

I can explain that different plants have different needs.

I can give examples of food crops.

I can say how to care for food crops so they grow well.

Plants We Eat: Vegetables

Vegetables come from all different parts of plants.



Begin by asking your child what foods they know that grow on farms in this country. Do these foods grow above or below the ground? What do these plants need to grow well to produce the food that we eat?

Have a look at these foods. Can they name them? Can they tell you how they grow - above or below ground? On which part of a plant?

Have a look through the next few pictures and discuss together how they grow.

Plants We Eat: Root Vegetables



Why do you think these are called 'root vegetables'?

Explain that they are called root vegetables because we eat the roots of the plants.

<https://www.youtube.com/watch?v=VJ7KwES45GY>

Why do you think these vegetables are called stem vegetables?

Plants We Eat: Stem Vegetables



Explain that they are called stem vegetables because we eat the stem of these plants.

You can watch this video of celery being grown and farmed in new Zealand here -

<https://www.vegetables.co.nz/vegetable-classification/stems/>

Can you think why these are called leaf vegetables?

Plants We Eat: Leaf Vegetables



Plants We Eat: Flower Vegetables



Watch this short video of Barnaby bear visiting an allotment. <https://www.bbc.co.uk/bitesize/clips/zmn6n39>

Activity: Either choose two fruit or vegetables. Draw the whole plant on which they grow and label the different parts.
Or, have a go at adding some fruit and vegetables to the diagram below.

Which part of the plant do we eat?

Look round the vegetable garden and work out which part of the different plants we eat and write the name in the correct box.



