



# PLANTS ON YOUR PLATE



A great way to get kids interested in gardening is to let them explore seed science. Using this method you can talk about sprouting, seed/plant parts, and so much more!

## Instructions:

1. Introduce the different plant parts:
  - **Flowers:** contain the parts of the plant necessary for reproduction
  - **Fruit:** the part of the plant that contains seeds
  - **Leaves:** use energy from sunlight to carry out photosynthesis
  - **Roots:** act as an anchor, holding the plant in place
  - **Seeds:** grow into new plants
  - **Stems:** provide support for leaves, flowers, and fruit
2. Distribute one of each kind of vegetable/fruit to each child and place the food on the plant part worksheet, or just have youth make their own plant with each piece where it belongs.
3. Discuss plant parts and then enjoy a tasty garden snack!

## 7 PRACTICAL PERKS OF GARDENING WITH KIDS

It encourages them to eat healthier

It provides engaging, moderate exercise

It builds a sense of confidence

It develops STEM & analytical abilities

It relieves stress

It improves focus & memory

It positively impacts mood & psychological wellbeing

-BRIANNA FLAVIN

## MATERIALS

CARROTS

CELERY

SPINACH

BROCCOLI

STRAWBERRIES

SUNFLOWER SEEDS

PLANT PART WORKSHEET

(OPTIONAL)