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

MATERIALS

- Carrots
- Celery
- Spinach
- Broccoli
- Strawberries
- Sunflower seeds
- Plant part worksheet (optional)

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