



Plant Part Salad / Wraps

Using the plant parts, make and enjoy a colorful and healthy meal together.

Objectives

- Reinforce the six plant parts: Seed, Roots, Stem, Leaves, Flower, Fruit
- Cook a healthy meal/snack and try new foods

Key Vocab

Seed, Roots, Stem, Leaf, Flower, Fruit

Beets, Garlic, Celery, Spinach, Nasturtium, Bell Pepper, Farro (or whatever ingredients you use)

Materials

- Bell peppers, celery, cooked farro (or another grain), spinach, turnips (or grated or roasted beets), nasturtium (if desired)
- Kid-safe knives, cutting boards, graters, measuring cups, mixing spoon, tried it cups, forks (if desired)

Directions

1. Hold up each plant part you've brought and ask who can name the food and which plant part it is. Explain that they will each prepare one part of the plant part grain salad. One group will chop bell peppers (demonstrate). Another will chop celery (show size of each ingredient). When we cut or grate, what do we make sure to do with our fingers/hands? (Keep them away from the sharp part of the tool). How do we chop? (Low and slow). Do we ever take the tip of the knife off of the cutting board? Do we ever hold the grater up off of the cutting board? (No, no). If you have part of the dressing, a teacher will be around to get your prepared ingredients to mix it up, it all goes into measuring cup. If you are chopping, take turns with a partner. One of you chops + the other is Safety Monitor, then you switch after 5 chops.

2. As you give students roles, make sure to check for understanding before they start chopping. One teacher could be in charge of asking students one or two test questions and then giving them the go-ahead to start, monitoring the beginning of their chopping or grating. The students in charge of the dressing should follow the [recipe sheet](#). When students are engaged in their tasks, circle the room making sure Safety Monitors are doing their job and choppers are abiding by the expectations.

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3. Once ingredients are chopped to the adequate size, come around with a large bowl and have students dump their ingredients in. Students should clean their cutting boards and areas with a clorox wipe or wet paper towel. Pass out the [recipes](#) for students to have once their area is clean. Mix and serve the grain salad in cups with or without forks depending on teacher preferences. Have students count down from 3 and say cheers (or your choice of pre-tasting routine) and then try their creation. Facilitate a tried it / liked it / loved it chart with dots or stickers to record students' preferences on the meal. *Can do many variations on this recipe according to what's growing, or your particular preferences. Swap the farro for a tortilla and hummus for a Plant Part Wrap.*

Plant Part Salad

1. **Root:** Peel, slice & shred beets
2. **Stem:** Chop celery
3. **Leaves:** Rip kale and swiss chard leaves
4. **Fruit:** Chop apples
5. **Seed:** Measure $\frac{1}{2}$ cup Sunflower seeds; cut the ends of sugar snap peas and cut them in half
6. **Flower:** Rip cauliflower into tiny bite-size pieces


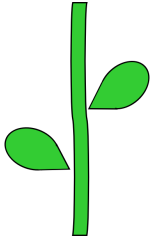


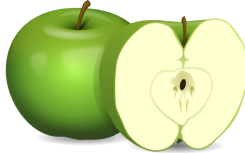

Creamy Avocado Dressing:

1. Juice of one lime
1. Half of a large avocado
2. $\frac{1}{4}$ cup of parsley or cilantro, stems removed
3. 2 cloves of garlic, peeled
4. Measure $\frac{1}{3}$ cup of olive oil
5. $\frac{1}{4}$ teaspoon of salt
6. $\frac{1}{4}$ cup to $\frac{1}{2}$ of water

Plant Parts We Eat!



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| ROOTS  | STEMS  | LEAVES  | SEEDS  | FRUITS  | FLOWERS  |
|---|--|---|--|---|--|
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