

## Food Fascination- Session 3

- Lesson 1:** Let's Be Botanists! What do we know about plant structures and the edible parts? What are our food choices when it comes to plants? Taste and describe plants. Cook in the kitchen and prepare lunch. Use knife skills. ☺
- Lesson 2:** Roots – Learn how to read a nutrition facts label and look for the nutrients that our body gets from the edible root plant part. Observe various edible roots, dissect a radish, function of a root, taste various roots and record results. Discuss plants that can be planted from a root. Start a sweet potato growing in a jar. Cook lunch.
- Lesson 3:** Stems - Learn how to read a nutrition facts label and look for the nutrients that our body gets from the edible stem plant part. Observe various edible stems, dissect an asparagus and Gerber daisy, function of a stem, taste various stems and record results. Conduct Gerber daisy stem experiment and plant in garden. Cook lunch.
- Lesson 4:** Leaves - Learn how to read a nutrition facts label and look for the nutrients that our body gets from the edible leaf plant part. Observe various edible leaves, dissect a celery and mint leaf, function of a leaf, taste various roots and record results. Leaf science with photosynthesis. Check on garden and work on compost. Cook lunch.
- Lesson 5:** Flowers - Learn how to read a nutrition facts label and look for the nutrients that our body gets from the edible flower plant part. Observe various edible flowers, dissect a flower, function of a flower, taste various flowers and record results. Discuss pollinators and their importance with the function of a flower. Work on garden and cook lunch.
- Lesson 6:** Fruits - Learn how to read a nutrition facts label and look for the nutrients that our body gets from the edible fruit plant part. Observe various edible fruits, dissect a tomato, and grape function of a fruit, taste various fruits and record results. Cook lunch.
- Lesson 7:** Seeds - Learn how to read a nutrition facts label and look for the nutrients that our body gets from the edible seed plant part. Observe various seeds, dissect an almond and fava bean, function of a seed, taste various seeds and record results. Venn Diagram the two seed types and then plant some seeds. Cook lunch.
- Lesson 8:** Plants Top to Bottom - Go through the plant top to bottom to discuss what they have learned about plants to plate. Complete an evaluation of class and garden. Cook lunch.
- Lesson 9:** Plant Protein – What proteins come from plants and what are some of the alternatives? What part of the plant is the protein? Compare the amount of water consumption between plant protein and animal protein.