



Grow It, Cook It, Like It

Farm to School and Nutrition Education Program

SIX Plant Parts Salad



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Hello my name is Diane Silberstein. I look forward to sharing a fun and delicious recipes with you as we discover tasty Oregon grown foods together.

What is your favorite plant to grow?

My favorite plant to grow is snap peas. They are one of the first things I plant in my garden each spring. They have pretty blossoms and the pods are fun easy to pick . Peas can be eaten fresh, with lots of crunchy sweetness to enjoy!



Diane Silberstein

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Cook It!

In this lesson we are going to
learn to make Six Plant Parts Salad.

Do you have a garden to grow vegetables and fruit?



Summer is the time to grow a variety of vegetables and
fruits in Klamath County.

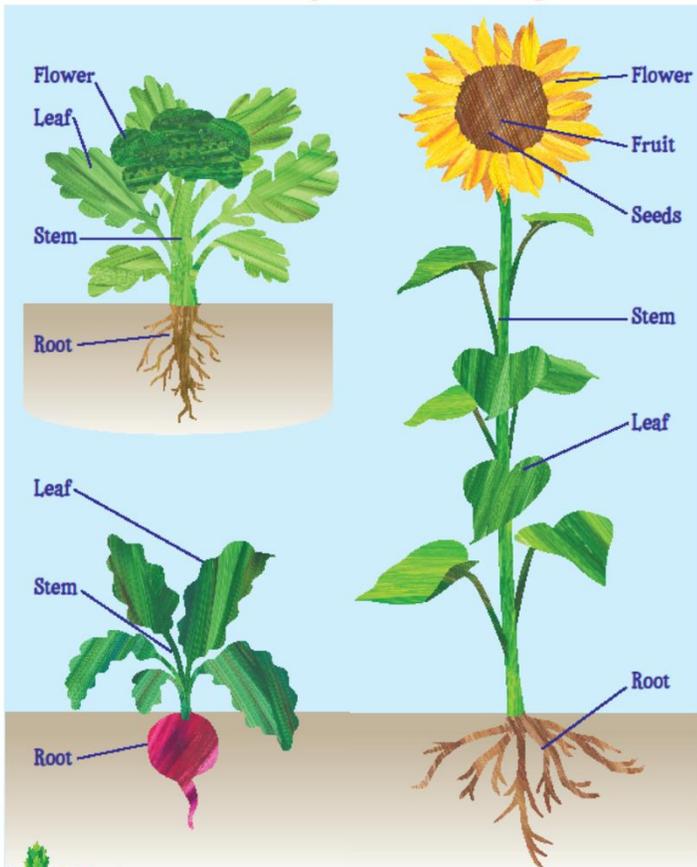
The plants that grow can provide ingredients to create
healthy and tasty recipes.



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The Parts of a Plant

Eat Healthy - Grow Healthy



Let's name the six parts of the plant.

- ROOTS:** Act as an anchor holding the plant in place
- STEMS:** Provide support for leaves, flowers and fruit
- LEAVES:** Use energy from sunlight to carry out photosynthesis
- FLOWERS:** Contain the parts of the plant necessary for reproduction.
- FRUIT:** The part of the plant that contains seeds
- SEEDS:** Grow into new plants

Source: <https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=145>



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Where will you find the Plant Parts on MyPlate?

Roots, fruits, stems, leaves and flowers are found in the **Vegetable** and **Fruit** groups on MyPlate.

Seeds such as rice, oats and barley are foods that are in the **Grains** group.

Other seeds we eat such as black beans and sunflower seeds are in the **Protein** group.



What plant parts do you eat?

When we grow fruits and vegetables in a garden, we mostly eat only one part of the plant.

For example, lettuce leaves are yummy and crunchy, but we don't eat lettuce roots.



Apples are the tasty fruits of an apple tree, but we don't eat apple leaves off the tree.

**BUT WE CAN COMBINE MANY PARTS
INTO ONE DELICIOUS SALAD !**

WE ARE GOING TO MAKE A SALAD:

Six Plant Parts Salad

What tools will you need?



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Ingredients for 6 Plant Parts Salad

6 cups LEAVES such as lettuce, spinach, chard



1 cup ROOTS such as beets, carrots, radishes, jicama



2 cups FLOWERS such as broccoli, cauliflower



Ingredients for 6 Plant Parts Salad continued:

1 cup STEMS such as celery, broccoli stems, chard stems



2 cups FRUITS such as apple, tomato, cucumber



¼ cup SEEDS such as sunflower seeds, peas, beans



INSTRUCTIONS

Step 1: Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter.

Step 2: Wash all the fruits and vegetables in a colander under cool running water. Gently pat dry with a towel.

Step 3: Tear **leaves** into small pieces. Place in a large bowl.



Step 4: **WITH AN ADULT IN THE KITCHEN** Cut or grate **roots, stems, flowers and fruit** into bite-sized pieces. Add them to the bowl.

Step 5: Add **seeds** to bowl.

Step 6: Make dressing; refer to the slide show on the [Cooking An Oregon Harvest](#) page for instructions.

Step 7: Pour dressing over the salad, toss lightly and ENJOY!

Grow It!

You know how to make a Six Plant Parts Salad
– what ingredients would you like to grow?



A good way to start a garden is in containers. Return to the [Cooking An Oregon Harvest Page](#) for a guide on how to make a container garden and what plants grow best in this type of garden.



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Fill in the blanks to check what you have learned!

Today, we made (_____). The ingredients are part of the (_____) and (_____), grains and protein groups on MyPlate.

The first step when preparing any food is to (_____) to help keep you and your family healthy.

The six parts of a plant are (_____), (_____), (_____), (_____), (_____) and (_____). When preparing the fruits or vegetables to go into the salad you will want to cut or grate them into (_____) pieces.

Word Bank: fruit, washing hands, stem, vegetable, root, fruit, 6 Plant Parts Salad, leaves, flowers, bite-sized, seeds.

What's Next?

Get Egg-cited we will be cooking with eggs!



- *Next time you visit the produce dept. at the store look say the name of each plant part you see!*
- *Send us a photo of the salad you created diane.silberstein@oregonstate.edu*



Klamath Basin Research
and Extension Center

References, Learning Objectives & Science Standards

Use this slide to list what learning objectives and science standards were met and what references were used to create the material. Add acknowledgements and identify pictures if possible.

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Learning Objectives

By the end of the program, you will be able to:

Safely prepare a recipe with ingredients from food grown in Oregon

Identify where and how food is grown in Klamath/Oregon

Identify an Oregon grown food and taste it

PE.3.1.4: Differentiates between healthy and unhealthy foods.

PE.3.4.7: Discusses the importance of hydration and hydration choices relative to physical activities

PE.3.5.6: Analyzes the impact of food choices relative to physical activity, youth sports & personal health

PE.3.6.12: Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.

SOURCES: Team Nutrition Cooks <https://fns-prod.azureedge.net/sites/default/files/resource-files/tnc-salad.pdf>

Growing Healthy Kids <http://nutrition.extension.oregonstate.edu/growing-healthy-kids-0>

Growing in Containers Appendix K at this site <http://nutrition.extension.oregonstate.edu/growing-healthy-kids-0>

Ag in the Classroom Source: <https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=145>