

6 Plant Parts

- Listen to [Roots, Stems, Leaves by the Banana Slug String Band](#) (lyrics included on page for you to follow along)
- Review the **function** of each part of the plant:
 - **Roots:** Absorb water & nutrients from the soil, and hold the plant in the ground.
 - **Stems:** Transport water up from the roots, and sugar down from the leaves.
 - **Leaves:** Make food (sugar) for the plant, using water, carbon dioxide and energy from the sun.
 - **Flowers:** Attract pollinators and make seeds by spreading and absorbing pollen.
 - **Fruits:** Hold, protect and transport seeds.
 - **Seeds:** Grow into a new plant!
- What are some examples of the 6 plant parts that you eat? Search for foods that you have that come from plants (This isn't just fresh produce! Look at your dry goods, canned foods, spices, condiments and frozen foods). Sort everything you find into the plant part that it comes from. Make a list of your findings, or take a picture of each plant part category.
- Here's what I found in my kitchen:

Roots:



Carrots, Radish, Potato, Ginger, Horseradish

Stems:



Cane Sugar, Cinnamon, Parsley stems saved for soup stock

Leaves:



Lettuce, Mint, Basil, Sage, Bay Leaves, Parsley

Flowers:



Hibiscus, Calendula, & Chamomile tea, and Cauliflower

Fruits:



Strawberry jam, Orange, Cucumber relish, Chillies, Olive Oil, Tomato Ketchup, Olives, Lemon, Snow Peas

Seeds:



Wow! So many! Coconut Oil, Pumpkin Seeds, Rice, Pasta, Sunflower Oil, Sesame Seeds, Poppy Seeds, Almonds, Oatmeal, Chick Peas, Coriander, Black Beans, Peanut Butter, Coconut Milk, Popcorn, English Muffins