

Plant Parts

More About Seeds and Plant Part Salad

A seed contains everything that is needed for a plant to grow except water, healthy soil, air and sunshine. Bees help make seeds. In return, seeds can grow into plants that make pollen to feed bees. Seeds are high in protein. Pumpkin seeds and sunflower seeds make a healthy snack.

Fun Seed Facts!

- ☛ You can carve a pumpkin and roast and eat its seeds, or dry the seeds out and save them to plant.
- ☛ Sunflowers are also a plant with seeds we can eat or dry out and plant.
- ☛ Did you know that strawberries have their seeds on the outside? A strawberry flower is made of many tiny flowers fused into one big flower. The little dots on the surface of a strawberry are the seeds of each flower.
- ☛ How big are seeds? Seeds come in all shapes and sizes. Avocados have one large seed.



Plant Part Salad Recipe

Toss all of these ingredients in a bowl and lightly add your favorite salad dressing!

- 6 1/2 cups **leaves**, such as lettuce, spinach, chard
- 1 1/4 cup **roots**, such as beets, carrots, radishes
- 1 3/4 to 2 1/4 cups **flowers**, such as broccoli, cauliflower
- 2/3 cup **stems**, such as celery, broccoli stems, chard stems
- 1 1/2 to 2 cups **fruit**, such as apple, tomato, cucumber
- 1/8 cup **seeds**, such as sunflower seeds, peas, beans

For a full recipe, go to www.foodhero.org/recipes/plant-part-salad

Recipe Planning - Read the recipe above for **Plant Part Salad**. Below, write down the ingredient you would choose for each plant part if you made the recipe.

- ☘ Leaf _____
- ☘ Root _____
- ☘ Flower _____
- ☘ Stem _____
- ☘ Fruit _____
- ☘ Seed _____

Add a dressing: _____



Recipe Math Challenge

How many cups of salad does your recipe make? _____

Make it your own!
Name your salad recipe: _____

