



# Maine Agriculture in the Classroom Root Vegetables Resource Page

[www.MaineAgintheClassroom.org](http://www.MaineAgintheClassroom.org)

## Activities & Resources:



**Edible Plant Game.** This game incorporates the knowledge students have gained about plant parts with the fact that plants provide people with the nutrients and energy needed for a healthy lifestyle.



**What Do Plants Need to Grow?** This activity reviews the fundamentals required for plants to survive. The activity also demonstrates the many ways that humans rely on plants in everyday life.



**Plant Part Chart.** The fruits and vegetables we eat come from parts of a plant. Identify examples of roots, stems, leaves, flower, fruit, and seeds from every letter of the alphabet using this colorful 25" x 30" laminated poster.



**What is a Fruit? What is a Vegetable? Bulletin Boards.** This set of bulletin boards teaches students about the differences between fruits and vegetables and offers many examples of each. The set also includes 36 laminated fruits and vegetables cards along with instructions for how they can be used in your classroom. It is available as a free download or hard copies can be purchased.



**Food Models.** These full-color, life-size cardboard photographs of 200 commonly eaten foods are pictured in portion sizes with nutrition information presented in label format on the back. A perfect hands-on tool for teaching food and nutrition concepts! Included with your purchase are the Food Models and Leader Guide.

Teachers can register for a **Harvest of Curricula** to support Maine Farmers and producers, and harvest of the month! For Direct delivery to your inbox

**Sign up here!**

## Agriculture for ME



Funding from this Specialty License plate and the Department of Agriculture, Conservation and Forestry supports teacher curriculum materials connecting classrooms to the HARVEST OF THE MONTH project! Please thank everyone you know with this plate!



## Suggested MAITC Lesson Plans for Educators

(Aligned to State & National Standards)

[www.TeachMEFoodandFarms.org](http://www.TeachMEFoodandFarms.org)

**People Need Plants.** Grades PreK-2. Students will be able to identify parts of a plant and recognize the importance of plants in our daily diet. They will learn new vocabulary and use these in activities pertaining to their own eating habits.

**Mixed Vegetables.** Grades 2-5. Students will learn about the history of vegetables and locate their origin on a world map. They will be able to identify the growing seasons for these vegetables. Students will increase their awareness of the health benefits of vegetables while making a no-bake veggie pizza and participating in writing exercises.

**Investigating Carrots.** Grades 3-5. Students will work in small groups and, using a world map, will follow the journey of carrots from their point of origin to North America. They will research the nutritional and health benefits of carrots and combine this information with the history in an illustrated whole-class book about carrots. Students will prepare carrot questions to ask a farmer who participates in their local Farmer's Market.

**Let's Grow Carrots.** Grades 3-5. Students will work in small groups to research the life cycle of a carrot and learn about the growing process from a local farmer. Groups will make a poster with the steps for planting carrots in containers; then students will plant carrots and care for them until ready to harvest. After harvesting, students will make a carrot snack for the class to enjoy.



LESSONS FROM THE

# National Agriculture in the Classroom

## CURRICULUM MATRIX

Searchable directly from the MAITC Home page!



## February is Root Vegetables Month!

Check out these great Agriculture lessons from our  
National Ag Literacy Curriculum Matrix

**Dig 'Em Up.** Grades K-2. In this lesson students will investigate the functions of roots, recognize the difference between a tap and fibrous root system, and identify the roots of some plants as edible.

**Eat 'Em Up.** Grades K-2. In this lesson, students will review the plant parts that they eat, including roots, stems, flowers, leaves, fruit, and seeds. Students will choose a favorite fruit or vegetable to feature in a healthy recipe and prepare it with their families.

**Eating Plants.** Grades K-2. Students will identify the structure and function of six plant parts and classify fruits and vegetables according to which parts of the plants are edible.

**Plant Tops and Bottoms.** Grades K-2. Students will identify where fruits and vegetables belong on a MyPlate diagram and describe the major parts of plants - roots, stems, leaves, flowers and fruits according to if they are produced on the top or bottom of a plant.

**Apple Science: Comparing Apples and Onions.** Grades 3-5. Students will explore heredity concepts by comparing observable traits of apples and onions, collecting data on the traits of different apple varieties, and learning about apple production. Additional activities include hands-on methods for testing apple ripeness.

**FoodMASTER Middle: Vegetables.** Grades 6-8. Students will learn the concept of pH, and the impact of acids and bases on plant pigments, explore the impact of acids and bases on plant cell structure, and discover the health benefits of consuming vegetables.

**Plant Soil Interactions.** Grades 9-12. Students will explain the roles of diffusion and active transport in moving nutrients from the soil to the plant, describe the formation of soil and soil horizons; and describe the events in the Great Dust Bowl, how they relate to soil horizons, and how those events affected agricultural practices.



## Great Books about Root Vegetables!

Check out the [video](#) from our February newsletter  
Sign up for our newsletter [here](#)!

