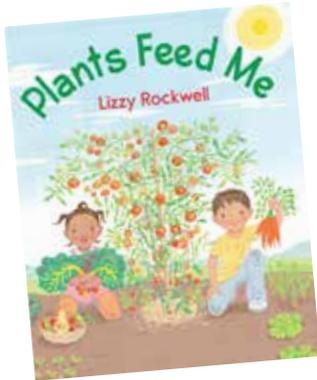


Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!



### PLANTS FEED ME

by Lizzy Rockwell

#### What It's All About

Did you know that you can eat different parts of plants? Learn all about leaves, flowers, stems, roots, and seeds in this colorful and engaging picture book!



#### Discover a World of Words

Throughout the story introduce new vocabulary words using gestures, tone of voice, pointing to illustrations, or providing brief explanations. Examples include:

- *bulb*: a rounded part of some plants that is under the ground and grows into a new plant during the growing season
- *stem*: the main long and thin part of a plant that rises above the soil and supports the leaves and flowers
- *bloom*: to produce flowers
- *pod*: a long, thin part of some plants that has seeds inside

#### Dig into the Story

Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and/or events in the story, predict what might happen, summarize chunks of text). Use prompts throughout the story, such as:

- *On this page, chard, lettuce, spinach, and cabbage are growing. You can eat the leaves of these plants. Have you tried any of these plants? What did it taste like?*
- *I think it's interesting that you can eat different parts of different plants. You can eat the leaves, the roots, the tubers, and the bulbs. What other parts of the plant could you eat?*
- *On the last page, I see different fruits and vegetables feeding the animals. Let's name as many as we can. What do you see growing in that tree?*

#### Make Connections Beyond the Book

After reading the story, make connections to an aspect of the child's real life by:

- Planting a variety of fruits or vegetables in the garden or in a small pot inside. Watch as the plants begin to sprout and grow!
- Eating one meal that is just fruits and vegetables. See how many fruits and vegetables can be eaten in one sitting! Be sure to ask questions about the color, shape, and taste!
- Keeping a list of all the fruits and vegetables consumed in one week. Talk about ways to incorporate new or different fruits and vegetables into your day-to-day routine!

**Jumpstart**

Jumpstart is a national early education organization working toward the day every child in America enters kindergarten prepared to succeed. Learn more at [jstart.org](http://jstart.org).

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Definitions taken from: *Learners Dictionary*. (2016). (Merriam-Webster, Incorporated) Retrieved from [LearnersDictionary.com](http://LearnersDictionary.com).

## Together Time Activity

### MAKE A “PLANT PARTS” SALAD

Find an ingredient for each of the following categories: leaves, flowers, fruits, roots, shoots, and seeds. Then toss them together to make a salad and eat it. You can even use more plant parts (herbs, spices, citrus juice, etc.) to make the dressing!

#### EXAMPLE SALAD:

Leaves: spinach  
Flowers: broccoli florets  
Fruits: apple slices  
Roots: shredded carrots  
Shoots: celery slices  
Seeds: chopped walnuts



#### Talking Points:

- Explain how plants can have edible parts that not only grow above the ground, but also below the ground, like potatoes, beets, and onions.
- Make a list of your family’s favorite fruits and vegetables, and identify which part of each plant can be eaten (leaves, flowers, fruits, stems, roots, seeds, etc). In some cases, multiple parts are edible!
- Explain that we also use plant parts, especially leaves and seeds, to make dried and ground spices to flavor foods.
- Discuss the importance of eating different plant parts and many different colored foods in order to maintain a balanced diet.