

Dissecting Vegetables

Essential Question(s):

What are vegetables?

What are different vegetables that grow different times of the year?

Why do some plants grow better in warm temperatures?

Background Information:

Vegetables are edible plants. You can find vegetables at the grocery store, a farmer's market, and even in some people's personal gardens! Many people plant gardens in their backyard to give a touch more of life to their home. These gardens are a hobby for some and provide fresh food for others. There are all types of vegetables growing throughout the year, depending on the season. There are four seasons in a year: Winter, Spring, Summer, and Fall. Vegetables grown during the Fall and Spring can grow during the colder months of the year because of their strong roots that have grown deep into the Earth during the warm months. They can survive in lower temperatures like 25 to 28 degrees Fahrenheit. Some examples are turnips, broccoli, cauliflower, beets, and onions. Vegetables that grow during the Summer require warm soil, bright, warm sunlight, and temperatures of 65 to 90 degrees Fahrenheit. Some examples of summer vegetables are beans, cucumbers, tomatoes, okra, green garlic, and kale.



Objectives: Learners will...

- 1) Determine what characteristics may correspond to each garden plant
- 2) Learn that vegetables come in a variety of colors, shapes and sizes.

Supplies:

- Safety gloves
- Kid safe knives
- Tweezers
- Scissors
- Magnifying glasses
- Seasonal vegetables to dissect
- Non-latex gloves
- Sharpie
- Cup of water
- Several different garden seeds
- Cotton balls
- Yarn/String
- Paper
- Pencils

Standards:

- SKP1
- SKL1
- SKL2

Preparation:

- Collect fresh vegetables for the children to dissect and several different types of seeds.

Procedure:**A. Background:**

1. Discuss information about the types of vegetables that grow during different times of the year (see above).

B. Main Activity:

1. Give a brief overview of each vegetable and demonstrate cutting one of the vegetables open and share what it is inside. Pass out paper and pencil for data sheets.
2. Have children cut open vegetables and label/draw what they see on their data sheet.
3. Once the children have had some time to dissect, ask them what they notice. Encourage them to think about the feeling of the skin and flesh, smell, and wetness of each vegetable. Ask them if they see any seeds. If working with a root vegetable, ask where they think those vegetables grow.
4. Allow for a few more minutes of dissecting and considering before moving on to the craft portion.

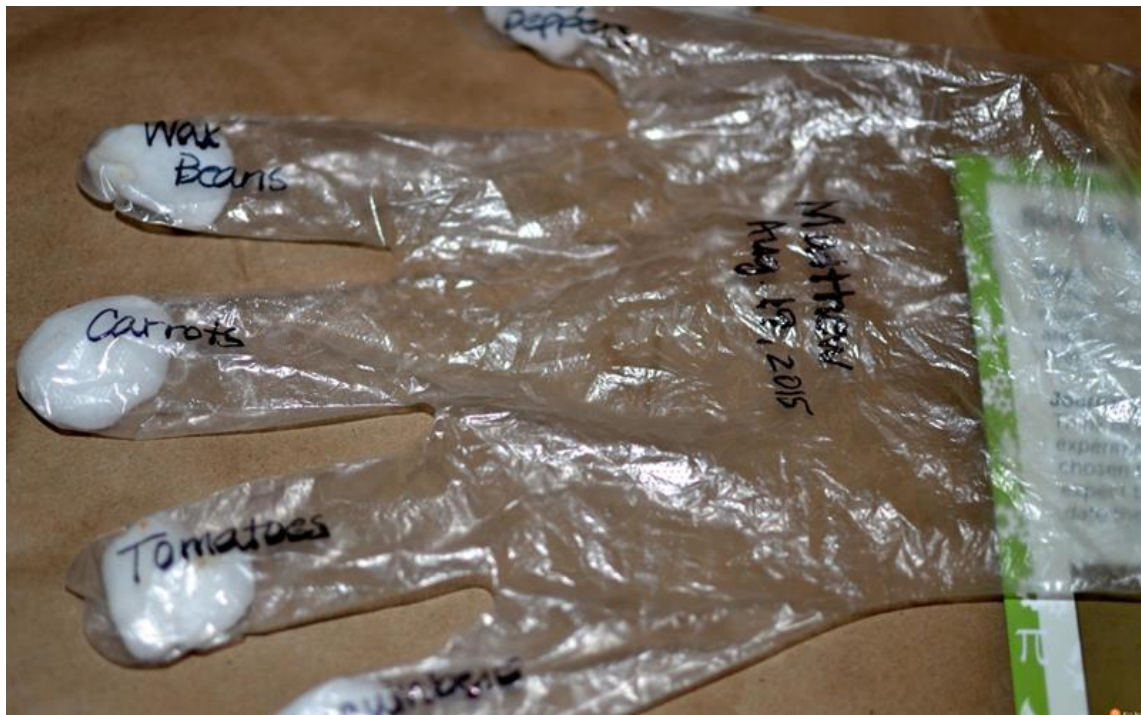
C. Craft: Garden in a Glove**Discussion/Assessment:**

- What is your favorite vegetable, and could you grow it in a garden at your home?
- What colors can vegetables be?
- Were you surprised by what the insides of vegetables looked like?

Take Home Message: Various vegetables look different on the inside and grow at different times of the year!

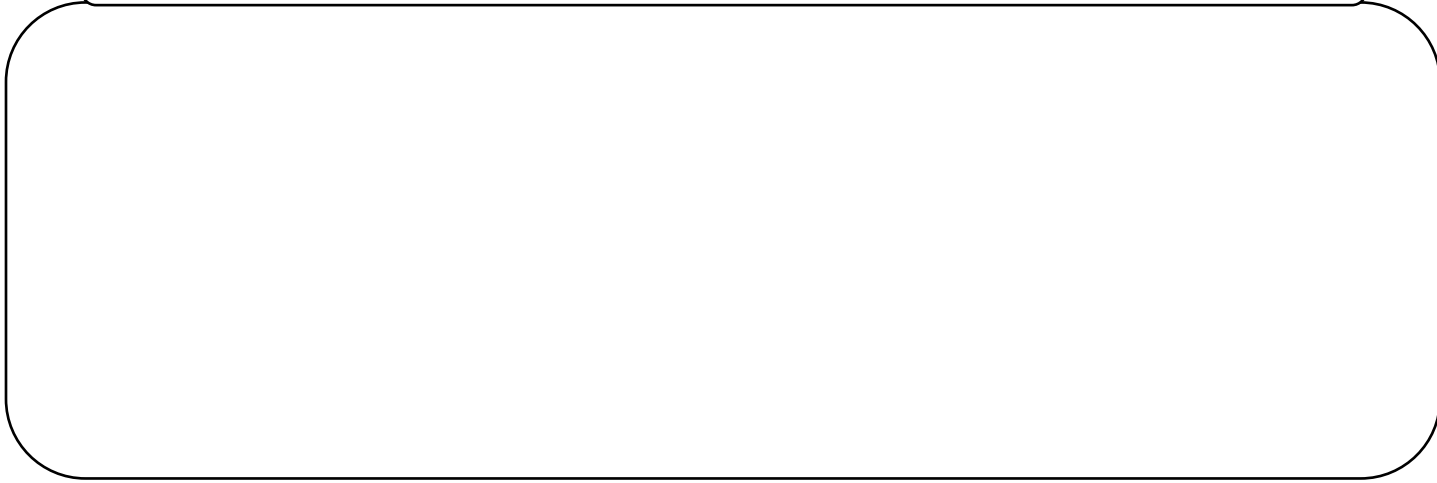
Garden in a Glove

1. Pass out supplies and tell the children to label each finger of the glove one of the different garden seeds provided (parents and supervisors may want to make sure each is labeled correctly).
2. Wet the cotton ball and squeeze out any extra water.
3. Wrap the seed in the cotton ball and use the pencil to push it down into one of the glove's fingers
4. Label that finger with the name of what the seed will grow into.
5. Make a hole on either side of the wrist of the glove to push the yarn through so the glove can be hung up.
6. Watch the seed grow!



Label each vegetable and draw what you see.

Vegetable:



Vegetable:



Vegetable:

