



What is in Your Lunch? Classroom Activity



Plants are essential to our diet. Even food that we think has nothing to do with plants, such as beef, can be traced back to plants, because cows eat plants to survive.

SYNOPSIS

Students will evaluate their lunches to learn that they eat many different plants.

OBJECTIVES

Students will be able to:

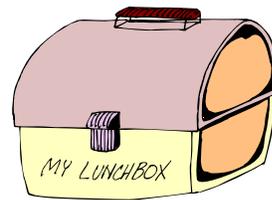
- identify plants in their food
- describe why plants are important as a food source

VOCABULARY/CONCEPTS

- plant uses

MATERIALS

- students' lunches



PROCEDURE

1. Have the students write down the contents of their lunches.
2. Identify and discuss the plants found by the students, such as fruits, vegetables, and breads (wheat, grain).
3. Ask the students to vote, thumbs up for yes, thumbs down for no, whether they think that turkey, beef, and other meats have something to do with plants.
4. Explain to the students that the animals we eat, such as chickens, cows, and pigs, eat plants. So if it were not for plants, we would not be able to enjoy vegetables, fruits, or meats!

CHECK FOR UNDERSTANDING

- Have the students write a paragraph describing why plants are an important food source.