

# Plant Parts We Eat



Which parts of a plant do we usually eat? The seed? The fruit? When we eat asparagus, we are eating the stem of the plant. When we eat spinach or lettuce, we are eating the plant's leaves. We eat the fruit of squash, cucumber and tomato plants. When we eat corn or peas we are eating seeds, and when we eat radish or carrot, we are eating roots. Cauliflower and broccoli plants produce flowers we like to eat.

With some plants we eat more than one part. The root of the beet plant is what most people like to eat, but the leaves are also good to eat. We can eat beet leaves in salads when the leaves are young and tender. When they get bigger, they taste better cooked. We usually eat the root of the onion plant. The stems taste good too, when they are young and tender.

Some of the plants we eat are poisonous if we eat the wrong part. The leaves of tomato plants are poisonous. For many years people would not even eat tomatoes, because they thought the entire plant was poisonous. Now we know the fruit of the tomato plant has vitamins that are very good for us. Tomatoes are also delicious.

1. Which part of the plant do we eat? (Circle all the correct answers.)

- a. stem b. leaves c. fruit d. seeds e. flowers

2. We eat more than one part of which plants? (Circle one.)

- a. spinach and lettuce      b. okra and tomatoes  
c. beets and onions      d. radish and carrot



3. Beet leaves taste better cooked when they get \_\_\_\_\_ ,

4. The fruit of this plant is delicious, but the leaves are poisonous.

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Answers: 1. all are correct; 2. c. beets and onions; 3. older; 4. tomato

