

What part are we eating?



List a dish (e.g., pizza, salad, cookie) in column one, and list all the ingredients derived from plants in column 2. Identify which part of the plant each ingredient represents by putting a check mark in the root, stem, leaf, flower, fruit, or seed column.

Food	Plant Ingredients	Root	Stem	Leaf	Flower	Fruit	Seed

Total consumed: roots ____ stems ____ leaves ____ flowers ____ fruits ____ seeds ____

Total plant parts consumed: _____