

## **BUDBURST FOR FAMILIES**

**Title:** Plant Parts in the Kitchen!

**Age Group:** PreK-K and 1<sup>st</sup>-4<sup>th</sup> Grade

### **Purpose:**

- **Why?** This activity places information and vocabulary about plants into the context of cooking and eating to make it memorable, fun and nourishing for body and mind.
- **How?** Make something to eat using foods from all parts of the plant (Roots, Stem, Leaves, Flowers, and Fruits).
- **What?** Use this recipe for plant-part stir fry to teach your kids about plants, while also encouraging them to help prepare and eat healthy, natural foods.

### **Steps:**

#### **Recipe for plant-part stir fry:**

Can you guess which part of the plant these ingredients come from?

½ inch ginger – (root)  
4 stalks of celery – (stem)  
One yellow onion – (bulb, modified leaves)  
3 heads of bok choy – (leaves)  
1 Head of broccoli – (flowers)  
2 small or one large red pepper – (fruit)  
1 cup of corn kernels – (seeds)  
1 carrot – (root)

- Have each little chef wash and dry all of the vegetable ingredients. Then with supervision, help with cutting the pepper, broccoli, onion, and celery into equal-sized cubes.
- For a knife-free option, your child can break apart broccoli florets into uniform sizes while you chop celery, onion, and pepper.
- Roughly chop (or tear) Bok Choy into bite-sized pieces.
- Peel the ginger and either grate or mince it.

In a large skillet or wok, heat cooking oil.

- Add the ginger, and onion, and stir until fragrant, 1 - 2 minutes.
- Add pepper, celery, and broccoli, and cook, stirring often, until broccoli is bright green, 4 - 5 minutes.
- Add corn and stir for 1 minute until it is heated through.
- Add bok choy and stir in until just wilted - 1 minute.

Top with soy sauce and serve over rice for a healthy plant-based meal!

# budburst

*a project of* the Chicago Botanic Garden

The next time you are out for a walk in your neighborhood, see if your kids can point out the different plant parts you see.

**If you want to learn more** about Budburst.org and plant life cycles (phenology), go to <http://budburst.org/phenology-defined>

To learn more about a plant's life cycle go to: <https://www.dkfindout.com/us/animals-and-nature/plants/life-cycle-plant/>

To learn more about plant parts go to: <https://www.dkfindout.com/us/animals-and-nature/plants/parts-plant/>