Tops, Bottoms or Middles

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**Main idea:** Learn about vegetables, what parts are eaten & how they grow.

**Materials:**
- children’s book about vegetables, pictures of vegetables or real vegetables
- seed catalogs
- list of vegetables
- pencils

**Motivator:** Ask children:
- What is your favorite vegetable?
- Do you or a member of your family have a vegetable garden?
- What is grown in the garden?
Activity:

- Read from books/ have children who want to help you read or let them tell you stories of their experience with vegetables.
- Use pictures or actual vegetables as a game to have the children tell you that they know the parts of the vegetables.
- Discuss parts of vegetables.
- Have a chart available with names of parts of plants:
  - Tops: leaves, flowers
  - Bottoms: roots, tubers
  - Middle: fruit, seeds.

Learning check:

- Quiz: Make a list of most popular vegetables on paper. Without looking at pictures or vegetables, have the children write after each name if it is a top, bottom or middle.
- Listen to the children as they are talking about the vegetables.

Vocabulary:

**Vegetable:** Herbaceous plant with an edible part, generally consumed by humans.

**Root:** Underground part of plant that is for food storage, such as a carrot.

**Tuber:** Underground swollen stem e.g. potato.
Extensions: Visit a vegetable garden, have children bring in their favorite vegetables, learn what part of vegetable is the flower and seed.