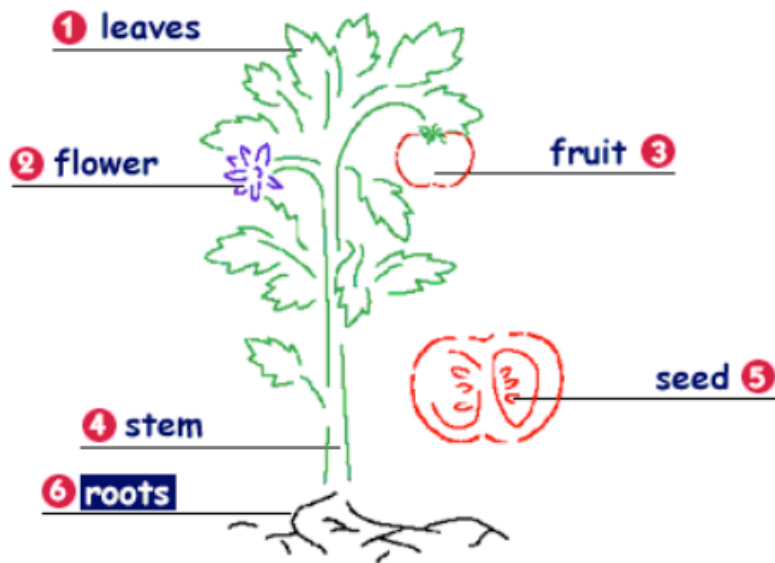


# HEALTHY KIDS CORNER

## Plant Parts We Eat

Think of some of your favorite plant foods. Which parts of the plant do they come from?

Try and fill in the boxes with foods from each part of the plant.



1. Leaves			
2. Flower			
3. Fruit			
4. Stem			
5. Seed			
6. Roots			

**AT-HOME CHALLENGE:** Make a salad using all of the plant parts! Follow the directions in this video or create your own:

<https://youtu.be/-lehuUNm8pQ>

**FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED**

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