

RHS GARDEN ROSEMOOR

Self Guided Activity Ideas for Schools

Key Stage 1

PLANTS WE EAT

How long will it take?

20-30 minutes

What do we need to bring?

Quiz sheets - Pictures of seasonal fruit and vegetables (using photos or pictures from catalogues).

How do we do it?

For this activity we would advise you to visit or ring prior to your visit to check which fruit and vegetables are in season so that you can make up your quiz sheet. The children can explore the Fruit and Vegetable Garden to match the pictures on their quiz sheet.

Alternatively children can explore the garden deciding which edible part of the plant grows above or below the ground (KS1), which part of the plant they eat (see attached worksheet) or list which plants are in season (KS2).

Where can we do it?

Fruit and Vegetable Garden

When can we do it?

Late spring, summer and early autumn



Follow up ideas at School

- Plant vegetable seeds at school
- Cook and taste some vegetables at school
- Talk about what was growing and what was not - why?
- Make poster to encourage people to eat vegetables - link with WWII posters of 'Potato Pete'
- Make a whacky vegetable game – make cards of different vegetables with a least one showing a vegetable where we eat the stem, leaves, root, seeds, flower or fruit. Children collect cards – either as relay race or they are given a set of cards and they create an imaginary new vegetable where they can eat all the different parts. They can give the vegetable a name and then go on make a seed packet for it with a picture and instructions for sowing it.

Which part of the plant do we eat?

Look round the vegetable garden and work out which part of the different plants we eat and write the name in the correct box.

Swollen Leaf bud

Flower

Fruit

Seed pod

Stem or Stalk

Leaf

Seed

Swollen Stem

Root

Bulb

Tuber

Which part of the plant do we eat?

ANSWERS

Swollen Leaf bud

Brussel Sprouts

Flower

Open: Nasturtium

Closed: Broccoli, Cauliflower

Fruit

Tomato, Apple, Pepper, Courgette, Aubergine, Squash

Seed pod

*Broad Bean
Runner Bean
Sugar Snap Peas
Green Beans*

Stem or Stalk

Celery, Broccoli, Rhubarb, Asparagus

Leaf

Cabbage, Lettuce, Spinach, Chard, Kale

Seed

*Peas
Sweet Corn*

Swollen Stem

Fennel, Beetroot, Kohlrabi

Bulb

Onion, Garlic, Shallots

Root

Carrot, Parsnip, Radish, Celeriac, Turnip

Tuber

Potato, Yam, Jerusalem artichoke