



Creation Lens

Exploring the World, Discovering God

Grade Level: Grade 2

Title:

Edible Plant Parts & Care of Our Bodies

Denomination: Catholic

Lesson ID: LS-G2-05-CA

Contact Info:

Exploring the World, Discovering God (EWDG)
Institute for Theological Encounter with Science & Technology (ITEST)
20 Archbishop May Drive, Suite 3400A
St. Louis, MO 63119

EWDG email: EWDG-Info@creationlens.org

EWDG web site: www.creationlens.org

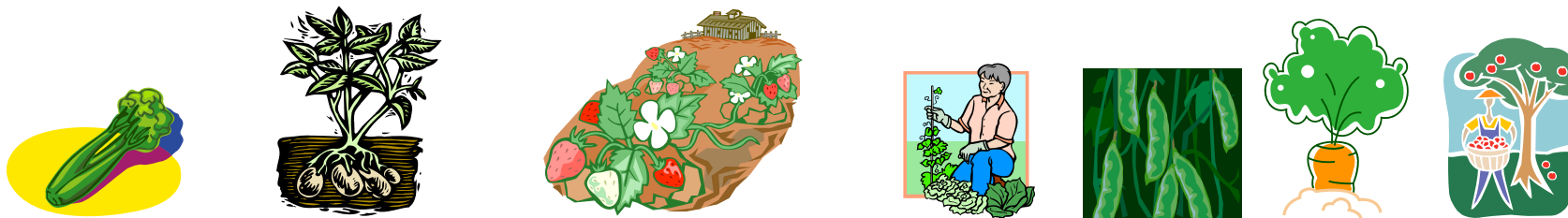
ITEST web site: www.faithscience.org

Ph: 314.792.7220

Note: Web sites referenced in this lesson were valid at time of publication.

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LIFE SCIENCE MODULE – GRADE TWO - CATHOLIC

LESSON 5: Edible Plant Parts and We take care of our bodies by eating properly.

GENERAL CONCEPT: Names of the parts of a plant and God made us to develop to maturity.

SCIENCE LESSON CONCEPT

Plants have parts; some are edible.

GOAL OF SCIENCE LESSON

Student will understand the use of parts of a plant.

UTCOME EXPECTED

Student will improve her/his diet with more plants.

MATERIALS NEEDED

- Books about foods and plants
- Seed catalogs and plant magazines
- Access to KidPix on the computer OR
- Paper, glue, crayons/markers, scissors

RELIGION LESSON CONCEPT

We take care of our bodies because God made us.

GOAL OF RELIGION LESSON

The student will begin to understand that they are the caretakers of the body God gave them.

OUTCOME EXPECTED

Student will improve diet with a healthier diet.

MATERIALS NEEDED

- Video about nutrition and the Food Pyramid
- Sample of a healthy lunch
- Sample of an unhealthy lunch
- Drawing paper, crayons/markers

SCIENCE METHODOLOGY

- **BRAINSTORM** with the student for a list of plants that we eat.
- **RECORD** the list on the board.
- **USE** books on food and plants, seed catalogs and magazine to select the food we get from plants.
- **USE KIDPIX**, if available, to draw the plant and highlight the parts we eat. Label the parts of the plant. Print out and display.
- **OR CUT OUT** a plant the seed catalogs, paste it on paper, label the parts, and use a marker to point out the parts we eat.
- **POSIT:** We can eat some parts of some plants.

RELIGION METHODOLOGY

- **SHOW** the video or DVD on the Food Pyramid.
- **ASK:** What were we supposed to learn from the movie?
- **ASK:** Why would I show you a health or science video in Religion class?
- **ASK:** How are we supposed to treat the animals? WHY?
- **ASK:** Who made you and me?
- **SAY:** If God made you and me, we are to take good care of ourselves, aren't we?
- **ASK:** How can the food pyramid and eating properly do that?
- **SHOW** the two lunches?
- **ASK:** Which one is best for taking care of your body?
- **WHY?**
- **HAVE** the student draw a healthy breakfast or dinner.
- **POSIT:** Eating healthy foods is taking care of the body that God made.

RESOURCES, LINKS AND COMPUTER LESSONS.

Science Links

(Teacher) Activities and Resources

www.scottforesmanscience.com

(Teacher) Lists of edible plants and foods with printable activity sheets

<http://www.dole5aday.com/HTML/Teachers/Lesson%20Plans/Science.html>

(Teacher) Edible craft ideas

<http://www.enchantedlearning.com/crafts/edible/>

(Teacher) Lesson Plan with hands-on activities

<http://www.reachoutmichigan.org/funexperiments/quick/academy/plantseed.html>

Religious Links

(Teacher and student) A different version of the Creation Story...God made Spinach? Broccoli?

<http://www.freewebs.com/ukichrist/biblelesson/htm>

(Teacher and Parent) Games, Poster, worksheets, coloring pages.

<http://www.mypyramid.gov/kids/index.html>

Can be used for Religion and/or science class

The following MyPyramid materials were designed specifically for children aged 6 to 11.

MyPyramid Blast Off Game

An interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.

MyPyramid for Kids Poster

- [PDF of Simplified side](#)
- [PDF of Advanced side](#)

A 2-sided poster of MyPyramid for Kids. One side of the poster, for younger children, highlights a simplified MyPyramid for Kids graphic. The other side, for advanced elementary students, features both the MyPyramid for Kids graphic and healthy eating and physical activity messages. [PDF]

Tips for Families

A 2-sided MyPyramid for Kids mini-poster with the MyPyramid for Kids graphic on one side and eating and physical activity tips on the other side. [PDF]



A Close Look at MyPyramid for Kids

A step-by-step explanation of the key concepts of the MyPyramid for Kids symbol. [PDF]

MyPyramid for Kids Coloring Page

Black and white line art of the MyPyramid for Kids symbol for kids to color. [PDF]

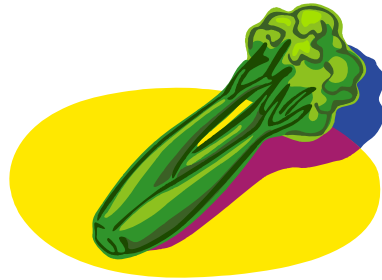
MyPyramid for Kids Worksheet

Worksheet to help kids track how their food choices match up to the recommendations of MyPyramid. Print out this helpful meal tracking worksheet and set a food and activity goal for tomorrow. [PDF]

Classroom materials

More MyPyramid for Kids materials for classroom use can be found on the Team Nutrition website.

KEY WORDS
LIFE SCIENCE – GRADE TWO – LESSON 5 - CA

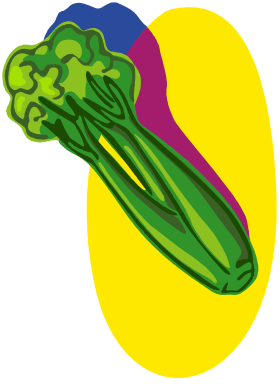


PLANTS
PARTS
EDIBLE
ROOTS
STEMS
LEAVES
FRUITS
VEGETABLES
DIET



CARE
NUTRITION
HEALTHY
FOOD PYRAMID
CARETAKER
BODY

KEY WORDS
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