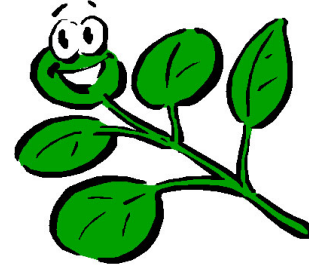


Can You Have Your Plant and Eat it Too? A Plant Food Lab

Do you like veggies? Are veggies the only type of plant we eat? Let's take a PBJ sandwich; peanut butter comes from a peanut plant. Peanuts are the seed of the plant and grow underground. Jelly comes from fruit and contains sugar, and most breads come from wheat.



Your Assignment:

- Make a food item that has at least three ingredients that come from a plant.
- These ingredients must come from at least three different plant parts—fruits, roots, stems, seeds, leaves, etc.
- The item cannot be store made; you must make it (not your Mom/Dad).
- Provide all items that go with your food, including serving items (knives, spoons, forks, little cups, etc). For example, do not just make salsa. Bring in the chips that go with it. You should bring enough to serve 10-15 people.

This is a "bring your own drink" kind of lab. You will not be able to go to the vending machines during class to get a drink. I will provide paper plates and paper towels.

In addition to making your food item, you will need to do some research. You may write on a sheet of paper or type it.

- Name of food item
- List ALL ingredients (this is important for people with food allergies.)
- Star, highlight or underline all ingredients that come from plants
- Write the name of each plant for each ingredient
- Include the part of the plant your ingredient comes from (root, leaf, fruit, seed, etc)