

## LESSON OF THE MONTH

**Lesson Title:** What is a Plant?

**Plant Parts & What They Do/Tomato Tasting**

**Objectives:**

- Understand that the part of the tomato we eat is the fruit
- Understand that plants have four main parts:
  - Roots, stem, leaves, and flowers/fruit
- Label the parts of a tomato plant
- **CLASS Focus: Language Modeling, Quality of Feedback, and Concept Development**

## CLASS TIPS

**Concept Development:**

What do plants need to grow? What do you think the plants grow in? (analysis and reasoning)

Do you think plants only need water? (prediction)

Does the sun keep us warm? Do you think plants need the sun to stay warm and make food? (real world application)

**Quality of Feedback:**

*Child:* "Look at those green things!" *Teacher:* "Those are leaves and they turn sunlight into food for the plant."  
(Specific feedback and expansion) *Child:* "So leaves help feed the plant?" *Teacher:* "Yes, leaves feed them through photosynthesis, turning sunlight into food. *Child:* "A flower!"  
*Teacher:* "And do you think the flower helps the plant?"  
(quires response, persistence) *Child:* "Yes, it makes it pretty"  
*Teacher:* "Yes, and it also make seeds that can grow into new plants."

**Language Modeling:**

Tell me how the tomato tastes to you? Is it hard or soft, sweet, or sour? (open ended questions) *Child:* "It has seeds!"  
*Teacher:* "Yes, it has seeds and that makes it a fruit instead of a vegetable." (repetition and extension)



Photos from Building Bridges, Winnsboro  
Submit photos to [sfloyd@childrenscoalition.org](mailto:sfloyd@childrenscoalition.org)



## ALL ABOUT TOMATOES

*Tomatoes are juicy and sweet, full of antioxidants, vitamins, and minerals, and may help fight several diseases. Consumption of tomatoes and tomato-based products has been linked to improved skin health and a lower risk of heart disease and cancer.*

Tomatoes are a good source of fiber, as well as providing several vitamins and minerals. These include vitamin C, vitamin K1, folate, potassium and lycopene. You can use raw tomatoes to make salsas or as a base for soups and sauces or toss sliced red, yellow, and green tomatoes with your family's favorite low fat dressing for a quick salad.

Look for tomatoes that are firm and give slightly to gentle pressure. Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days. Place unripened tomatoes in a brown paper bag until ripe. Before serving, wash tomatoes in cold water and remove any stems or leaves.

Source: [cachampionsforchange.cdph.ca.gov](http://cachampionsforchange.cdph.ca.gov)

## GARDEN TIPS | CUCUMBERS

### LSU AgCenter's Vegetable Gardening Tips

- Water soils deeply & keep water off the leaves. Drought-stressed cucumbers develop bitter fruit whose ends tend to be slender and pointed. This bitterness is located just under the skin and can often be peeled away.
- *Pick often!* Production will cease even if a few fruits are left to mature on the vine. The pickling types are harvested when the young fruits are 2 to 6 inches long and about 1/2 to 2 inches in diameter. The slicing types are harvested when fruits are about 6 to 8 inches long and 1/2 to 2 inches in diameter, longer for European or burpless types. In any case, remove all fruit before the white areas in the skin begin to turn yellow and seed begin to mature.
- *Fun fact:* One cucumber plant can produce 30-40 fruit from one plant in 3-4 weeks!
- A fall crop of cucumbers can be direct sowed from seed into garden beds in late August.



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FAMILY GARDEN

