

The Potato Story

This information sheet gives guidance on how to take your pupils through the presentation in Module 1 of the Student Section.

See resources PDF for plant diagrams.

Introduction

Tell the children that today they will be thinking about the following questions to do with plants and plant growth:

- How do plants grow?
- What job does each part of the plant have?
- Why are plants important to humans?
- Why is it important to find out about the food that we eat?

Hand out the labeled picture of the plant to the class. See resources PDF for plant diagrams. As you show the class the hand-out of the plant, go through each part one by one and explain its function as follows:

- **Root** – the root anchors the plant in the ground and takes in nutrients, usually from the soil. Nutrients are like vitamins and minerals that help the plant fight off diseases and stay healthy.
- **Stem** – the stem carries water and nutrients to different parts of the plant.
- **Leaf** – the leaves use light from the sun to make food for the plant.
- **Flower** – the flower is brightly coloured to attract insects such as bees and butterflies.
- **A plant** needs healthy roots, leaves and stem to grow well.

Explain how a seed starts to germinate and then becomes a growing, then flowering plant.

Tell the children that:

- When a seed starts to germinate it sends out new shoots.
- With the right amount of light, water, warmth and nutrients it will grow into a healthy plant.

Next show the class an apple and explain that after a plant has flowered it can produce fruit and seeds that we can eat.

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Teacher Guidance for using the Basics of Plant Growth Lesson plan in class (Years 3 and 4)

Discussion Break:

Take a Discussion Break with your class.

Ask the children to talk with their partner / group about what they think a plant will need to grow well.

Take time to share the children's ideas within the class.

Plant Growth:

Return to the image of the plant that you used in the introduction and tell the class that to grow well plants need the right amount of light and warmth, water and nutrients, usually from the earth.

Show each of the above on the picture while you are presenting it.

Explain that with too much or too little of these the plant will not grow well and could die.

Discussion Break:

Take a Discussion Break with your class.

Ask the children to discuss what plants are grown for people to eat and name some fruits and seeds that they like to eat.

Take time to share the children's ideas within the class.

Encourage the children to think of fruit, vegetables or seeds that they have eaten or like to eat. You could ask them to think about what part of the plant they eat – the root (eg potato, carrot), the fruit (tomato, apple, etc), the stem (rhubarb, celery), the leaf (cabbage, lettuce) or the seed (bread, pasta). Ask them to think of favourites or ones that they hate!

Use the potato as an example to illustrate how vegetables can be versatile in the way that they are prepared, but that the way in which food is prepared makes a big difference to how healthy they are. For example you can boil, roast, bake, sauté, mash or fry potatoes.

The importance of our diet:

Now ask the children if they know why it is important to think about the foods that we eat and discuss any ideas with the class.

Explain that we should always think about what we eat in order to stay healthy and that it is important for everyone to have a balanced and varied diet.

Hand out Activity Sheet 1 and explain how to fill it in.