



Tops or Bottoms

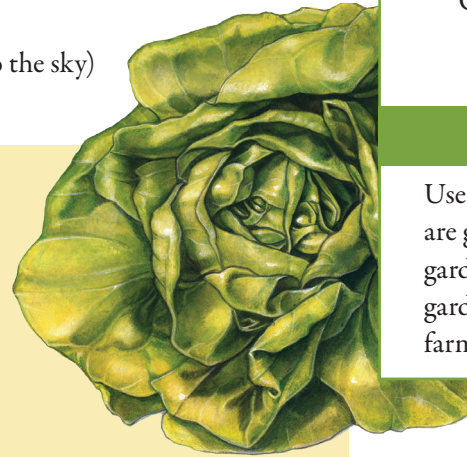
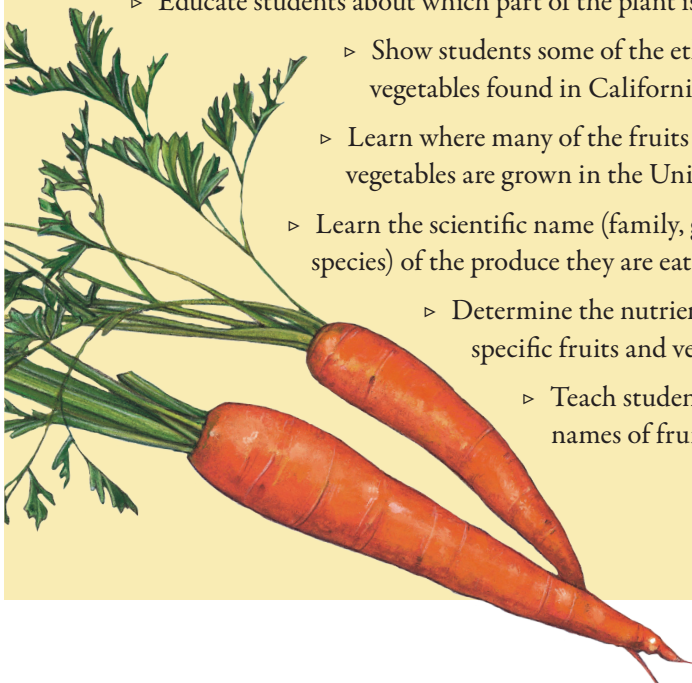
Encourage students to eat more fruits and vegetables by familiarizing them with the plant parts we eat.

Activity

1. Read the book “Tops and Bottoms” by Janet Stevens.
2. Have all of the fruits and vegetables from the book in a basket. Discuss the fruits and the vegetables with the students.
3. As you pull random fruits and vegetables from the basket or grocery bag have students make the following gestures based on how the fruit or vegetable grows:
 - grows underground (touch their toes)
 - grows in the middle (crouch)
 - grow on top of the soil (stand tall with hands to the sky)

Classroom Activities

- Divide a piece of paper into TOP, MIDDLE, and BOTTOM. Brainstorm fruits and vegetables for each category.
- Define these plant parts: stem, roots, fruits, flowers.
- Use California Department of Education’s Fresh Fruit and Vegetable Photo Cards to enhance the activity:
 - ▷ Distribute one card per student and instruct them to sort themselves based on plant part we eat, color, calories (highest to lowest), major producing states, or alphabetically.
 - ▷ Introduce students to some of the less well-known fruits and vegetables.
 - ▷ Educate students about which part of the plant is commonly eaten.
 - ▷ Show students some of the ethnic fruits and vegetables found in California markets.
 - ▷ Learn where many of the fruits and vegetables are grown in the United States.
 - ▷ Learn the scientific name (family, genus, species) of the produce they are eating.
 - ▷ Determine the nutrient analysis of specific fruits and vegetables.
 - ▷ Teach students the Spanish names of fruits and vegetables.



Materials

- Tops and Bottoms by Janet Stevens
- Grocery bag or basket
- Assortment of fruits and vegetables
- Photos of fruits and vegetables: Fresh Fruit and Vegetable Photo Cards, CDE.ca.gov (optional)

Tip

Use fruits and vegetables that are growing in the school garden, from students’ home gardens, or from a local farmers market.

California Standards

Kindergarten

ELA CC: SL.K.1, 2; RI.K.1, 4, 10
Physical Education Content: 1.1, 1.4, 1.8, 3.1 5.2, 5.4

Grade 1

ELA CC: RI.1.1, 4, 10; SL.1.1, 2
Physical Education Content: 2.2, 3.1, 5.1, 5.2, 5.6

Grade 2

ELA CC: RI.2.1, 4, 10; SL.2.1, 2
Physical Education Content: 1.2, 5.1, 5.2

Grade 3

ELA CC: RI.3.1, 4, 10; SL.3.1, 2

