



## Home/Garden Connection

### A Post-Visit Lesson to *Tops and Bottoms*

Dear Parents,

Your child visited the Missouri Botanical Garden today and participated in a garden class called, “Tops and Bottoms.” During their field trip, your child:

- Read a book titled, Tops and Bottoms, by Janet Stevens.
- Used clues to guess the correct names of common fruits and vegetables.
- Identified which plant part (of these common fruits and vegetables) was edible.
- Planted an edible plant to take care of at home.
- Matched plants to a particular color and identified the name of their plant parts (seed, root, stem, leaf, flower, fruit).
- Played an “I spy” game in which the goal of the game was to find a plant that matched a descriptive word.
- Observed and explored the different plants that are growing in the William T. Kemper Center for Home Gardening.

### Art & Healthy Eating: “Produce Passport”

Encourage your child to eat healthier and to learn more about the world of produce by creating your own “Produce Passport.”

1. Make a list of possible produce that you and your child might want to learn about and try. The goal is to have at least one edible item from each plant part category (leaves, stems, roots, fruits, flowers, and seeds). Of course, the more items, the better!
2. Next, go to the library and do some research about your chosen plants. Possible research items might include a description of the item, a brief history about the item, a nutritional chart for the item, and some fun facts about the item.
3. Now, use your research and some craft materials to create a produce passport page for each plant. On each page, decide what you want to include about your produce item and be sure to leave an open area on your paper to check off, stamp, or sign proving that you have actually tried the produce item.
4. Finally, begin your worldwide produce journey. Go to the grocery store and purchase the produce items in your passport. The parent and child should taste and discuss what they think about each item. When a plant has been successfully tasted, mark on your passport that it was eaten. You might be surprised to find that your family is more excited to try new things and to eat healthier!

### Family Game: “Raid the Fridge”

Using the plant part knowledge your child has gained from their field trip today, play the following game:

1. Open the refrigerator door, take out all produce items, and place them on the table.
2. Using a piece of paper and a pencil, take a moment to create some produce riddles for one another.
3. Once everyone is finished, take turns reading the riddles and try to figure out which produce item on the table is being described. Continue until all of the riddles have been shared.