

# Veggies are Very Healthy

## Simple STEM Activities You Can Do at Home

<b>Purpose:</b>	The purpose of this activity is to make a model of a vegetable (corn) and then describe why they are an important part of a healthy diet.
<b>Standard:</b>	<p><b>SKL2. Obtain, evaluate, and communicate information to compare the similarities and differences in groups of organisms.</b></p> <p>b. Construct an argument supported by evidence for how plants can be grouped according to their features.</p> <p><b>S1L1. Obtain, evaluate, and communicate information about the basic needs of plants and animals.</b></p> <p>a. Develop models to identify the parts of a plant—root, stem, leaf, and flower.</p>
<b>Materials:</b>	3 pipe cleaners, 60 colorful pony beads, scissor.
<b>Procedures:</b>	<ol style="list-style-type: none"> <li>1. Bend each of the three pipe cleaners in half.</li> <li>2. Place them together at the bend and twist them 3-4 times to attach them securely to each other.</li> <li>3. Add 10 beads (kernels of corn) to each of the six strands of pipe cleaners</li> <li>4. Grab the six pipe cleaners and align twist them together to form the cob.</li> <li>5. Discuss why corn and other vegetables are an important part of a healthy diet.</li> </ol>
<b>Science Behind It:</b>	<p>Plants are living things that grow in the earth. Plants have and a stem, leaves, roots and usually flowers. The <b>stem</b> connects the roots to the leaves, helps transport water and food, and provides support for the leaves and flowers. <b>Leaves</b> make food for a plant by using sunlight to turn carbon dioxide and water into sugar. This process is called photosynthesis. The <b>roots</b> of a plant absorb water and minerals for the plant and they also anchor and support the plant.</p> <p><b>Vegetables</b> are parts of plants that are consumed by humans or other animals as food. Eating vegetables provides health benefits as they contain many important nutrients including fiber, potassium, vitamin C and vitamin A. They are also low in fat and calories and they can even reduce the risk of getting some serious chronic diseases like heart disease and cancer.</p> <p><b>Corn</b> is vegetable that can also be considered both a grain and a fruit. Indian corn, or flint corn, is one of the oldest varieties of corn. Native Americans taught the early colonists how to grow it. Its kernels come in a range of colors including white, blue, red, and yellow.</p> <p>Can you make a model of a vegetable (corn) using just pipe cleaners and beads?</p>
<b>Questions to Ask:</b>	<ol style="list-style-type: none"> <li>1. Explain why corn and other vegetables are a key part of a healthy diet.</li> <li>2. Identify and describe the other parts of a corn plant that are important for the plant to be able to survive and thrive.</li> </ol>