



Edibles vs. Non-Edibles

BIG IDEAS

Today, you will **IDENTIFY EDIBLE** and **NON-EDIBLE** items in the garden. Everything we eat and things we use in our daily lives come directly, or indirectly from plants. It is always important to ask before tasting plants in the garden!

YOU WILL NEED:

- Pencil and/or colored pencils
- Paper or Journal
- [Edible](#) and [Non-Edible](#) Pictures¹
- *Optional* - Taste-Test: to mint leaf “taste-test”

GROW MINDS, CULTIVATE COMMUNITY



WHAT TO DO:

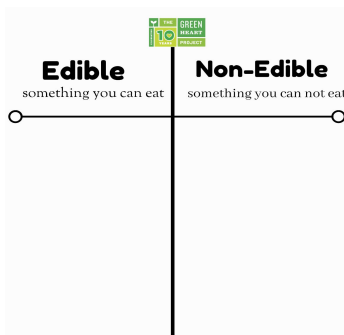
1. **WATCH:** [The Green Heart Rules of Respect](#) and **REVIEW:** *What are the three Green Heart rules of respect?*
2. **DEFINE:** **edible** and **non-edible**.

Edible something you can eat.	Non-edible something you can NOT eat.
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3. **WATCH:** Ms. Emma read “Gregory the Terrible Eater” book by Mitchell Sharmat [here](#).
4. **CLICK:** to view pictures of [Edible](#) and [Non-Edible](#) garden items. Use the pictures to complete Step 5.
5. **SORT:** the pictures of garden items into two categories: **Edible** and **Non-Edible**.

Option 1: Cut out each picture. Place the pictures into two piles. Pile #1: Edible and Pile #2: Non-Edible.

Option 2: Draw a T-chart (*example below*) in your journal. Look at the pictures and write the name of the items under edible, or non-edible.





6. **OPTIONAL -WALK:** outside, look around your living space, or ask someone what are some edible and non-edible things that grow in gardens! Point out plants that are edible. Point out plants that are non-edible.
7. **TASTE-TEST:** Try your mint leaf in 3..2..1.. Taste test! Now give it a Green Heart rating.
 - *WATCH:* [How to Do a Green Heart Taste- Test.](#)
8. **CLEAN-UP:** Put your Green Heart supplies back into a safe space and get ready for next week!

For educator notes & to “dig deeper” see [here](#).

Reference:

¹ Photos adapted from: <https://edibleschoolyard.org/curriculum>.