

# Pass the Plants — Activity #16



## TEKS:

Science  
K.2 A, D  
K.3 A  
K.9 B

1.2 A, D  
1.10 B  
2.2 A, D  
2.9 A, C  
3.2 F  
3.9 B  
4.2 D, F  
4.9 A, B  
5.2 D, F  
5.9 B  
6.2 E  
7.2 E  
7.6 A  
7.12 B, C  
8.2 E  
8.11 A

Language Arts  
K.1 A, B, C, D, E  
K.4 A, B, C, D  
K.12 A, B, C  
1.4 B, C  
1.15 A, B, C  
1.18 B  
2.1 A, B, C, D, E  
2.4 A, B, C, D  
2.12A  
3.2 A  
3.3 C  
3.9 G  
3.12 A, J  
4.1 A, B, C  
4.2 A  
4.5 B

## Texas Overview:

In the Pass the Plants lesson, students look at the different plant parts that we eat. There are many plants found in Texas that native Americans once ate. You still can find these plants today and make a meal.

| PLANT           | PLANT PART EATEN   |
|-----------------|--|
| Acacia          | Meal made from ground seeds                                  |
| Agarita         | Red berries made into jellies and wine                       |
| Agave           | The bulb in the center of the leaves is eaten as a vegetable |
| Bluewood        | Jelly made from fruit  |
| Dewberry        | Berries eaten and made into juice or jam                     |
| Drummond Mallow | Edible fruit   |
| Gum Bumelia     | Fruit eaten and made into jelly                              |
| Hackberry       | Fruit edible   |
| Live oak        | The acorn is ground into flour and used as cooking oil       |
| Mesquite        | Mesquitamal - a flour made from the mesquite bean            |
| Mustang Grape   | Fruit eaten  |
| Pecan           | Nut used as food and in pemmican, a type of trail mix        |
| Persimmon       | Fruit eaten and used in jellies                              |
| Pinyon Pine     | Nuts eaten   |
| Prickly Pear    | Flat leaves and fruit both were eaten                        |
| Sotol           | Inner part eaten   |

5.1 A, B, C  
5.2 A, B, C, D  
5.12 A  
5.15 A  
6.12 A  
6.23 A, B, C  
6.10 A, B  
7.17 D  
8.17 D

|           |  |
|-----------|--|
| Sunflower | Seeds eaten and used for oil   |
| Yucca     | Inner stem eaten as vegetable and flower petals cooked like cabbage. |

If a person gets lost in Texas and knows what they are looking for, then they will not go hungry.

**Resources:**

[www.texasbeyondhistory.net/ethnobot/index.html](http://www.texasbeyondhistory.net/ethnobot/index.html)

[www.sabot.org/ama/orig/Texas-Native-Trail-Ethnobotany.doc](http://www.sabot.org/ama/orig/Texas-Native-Trail-Ethnobotany.doc)

[www.thc.state.tx.us/](http://www.thc.state.tx.us/)