



Art



Science

CORIANDER & CILANTRO CUISINE

Grade Level

K-4

Length of Lesson

30-45 minutes

Objective

By the end of this lesson, students will be able to identify the parts of the coriander plant and the uses of each of its parts.

Materials Needed

- Colored pencils, markers, and/or crayons
- Glue or tape
- Scissors
- Coriander seeds
- Yarn
- Cupcake liner
- Pipe cleaner
- Blue and brown construction paper
- Copies of coriander template sheet

Standards

NGSS

K-LS1-1; 1-LS1-1; 2-LS4-1; 3-LS1-1; 4-LS1-1

Illinois Visual Arts

VA:Re7.2.K; Cr1.2.2; Cr2.3.K –2; Cr2.2.K –4

Lesson Summary

This lesson is designed to expand students' knowledge about the parts and many uses of the coriander plant by crafting and labeling a model of the plant.

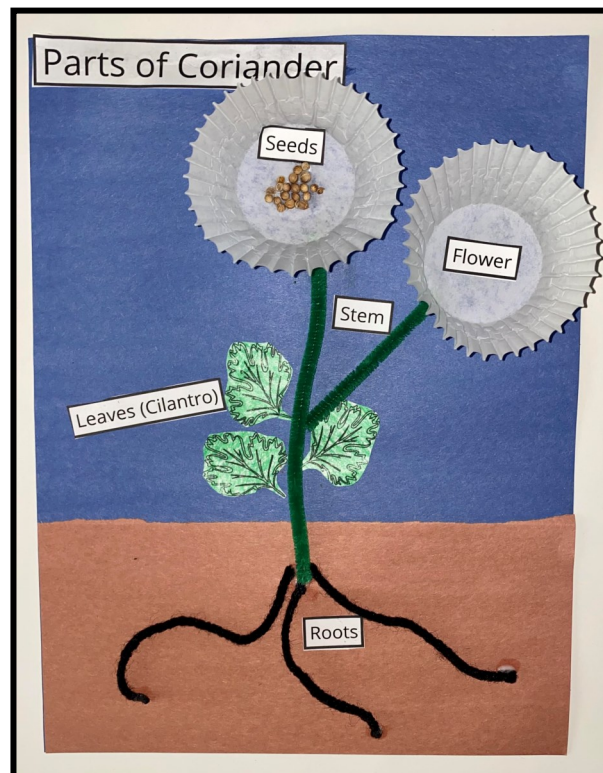
Suggested Sequence of Events:

1. Setup: Cut the brown construction paper into thirds. To save time, or to help younger students, cut 1/3 of the green pipe cleaner off so that you have 1/3 length and a 2/3 length.
2. Read through the IAITC Seasons Ag Mag to learn about the crops that are grown during each season. Interactive online versions can be found on our website.
3. Complete the activity following the procedures:
 - Share "The Coriander Plant" background information about coriander and cilantro. Then explain that students will be creating their own coriander plant.
 - Pass out a template sheet to each student. Students will also need a piece of blue construction paper, 1/3 sheet of brown construction paper, a cupcake liner, green pipe cleaner, yarn, and coriander seeds.
 - Have students start by gluing the brown paper onto the bottom of the blue paper to represent the soil.
 - Then, have students cut the pipe cleaner to make a long and short stem. Glue the long stem vertically so that one end is slightly down in the soil and the other end is up into the sky. The short stem can be used as a branch off of the long stem wherever they choose.
 - At the top of each stem, glue a cupcake liner to represent the flowers.
 - Inside one cupcake liner, have students glue a few coriander seeds.
 - Next, have students color the leaves on the template sheet and cut them out. They should be glued closer to the bottom of the stem.
 - Have students use short pieces of yarn and glue them in the soil area to represent the roots.
 - Finally, have students cut out each label and glue to the correct part of their plant.
4. Whole class discussion and reflection of activity. Display student artwork around the room or in the hallway!

TEACHER RESOURCES

Extension Ideas:

- Coriander seeds are actually the entire seed pod of the plant, similar to how peas grow inside a pod and need to be shelled. Coriander seed “splits” are sometimes available for purchase. The seeds have been broken apart from the pods and typically have a better germination rate than seeds that haven’t been split. Students can try to “dissect” their coriander seeds by placing the seeds on a paper plate. Place a flat-bottomed bowl or pan on the seeds and then roll around the plate while firmly pressing down. How many seeds can students find inside one of these coriander seed pods?
- Have students try cilantro. Some people have strong opinions on the taste of cilantro. This may be due to a genetic difference that makes cilantro leaves taste like soap to some people.
- Grow cilantro in your classroom! Cilantro grows quickly and, under certain conditions, will go to seed very quickly. Students can see the entire life cycle of the cilantro plant growing in your classroom.
- We eat different plant parts for all sorts of plants. Have students identify some of their favorite plants that they eat and label the parts.
- Read *Nacho’s Nachos* by Sandra Nickel and Oliver Dominguez, *Nina Soni: Master of the Garden* by Kashmira Sheth, and *American as Paneer Pie* by Supriya Kelkar to better understand the connections between culture and food.
- Go to agintheclassroom.org to contact your County Ag Literacy Coordinator for free classroom sets of our Ag Mags!





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THE CORIANDER PLANT

Did you know that coriander and cilantro come from the same plant? Coriander refers to the seeds of the plant and cilantro refers to the leaves. In the U.S., the plant itself is typically called “cilantro.” But in many other countries, the plant is referred to as “coriander.” To avoid confusion with the different plant parts, we have chosen to refer to plant as “coriander” in this lesson.

The parts of the coriander plant have many uses and the way that they are used depends on one’s culture. Many uses of coriander can be seen in cooking. In Mexico, the leaves, or cilantro, are used in salsa, guacamole, and garnish. In Indian cuisine, coriander seeds rather than leaves are used. The seeds are ground into spices and used in garam masala and many Indian curry recipes. They are also used in chutneys and salads. The roots of the plant are used in Thai food to make curry pastes.

Aside from cooking, coriander also has many medical uses. It has been used to treat exposure to heavy metals and has worked as an effective treatment for type 2 diabetes. Coriander is also used in traditional Indian medicine as a diuretic. Coriander has been used for many years. It is considered one of the oldest herbs, supposedly being found in ancient Egyptian tombs. Coriander is a versatile plant with many cultural connections. What other plants and foods that you and your students eat have a connection to other cultures and their traditions?





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CORIANDER TEMPLATES

Parts of Coriander

Roots

Seeds

Stem

Flower

Leaves (Cilantro)



Parts of Coriander

Roots

Seeds

Stem

Flower

Leaves (Cilantro)

