GET TO KNOW YOUR FOOD SEEDS

TIME REQUIRED: 30-60 minutes

OVERVIEW

Students discover the seeds found within common fruits and vegetables and create a class seed display to reinforce the connection between seeds and the foods we eat.

MATERIALS AND PREPARATION

- A knife
- Paper towels
- Cardstock
- Purchase or ask for donations from your class of familiar seeded fruits or vegetables. Good foods to try are:
  - Apples
  - Pears
  - Peppers
  - Tomatoes
  - Pumpkins
  - Squash
  - Oranges
  - Corn on the cob (the seeds are the individual kernels)
  - Grapes (make sure these are not seedless varieties!)
  - Cucumber (make sure these are not seedless varieties!)
  - Strawberry (this is tricky-the seeds are the very small little yellow flecks on the outside!)
  - Blueberries (very small seeds inside!)

PROCEDURE

1. Distribute one or more pieces of folded cardstock to each student (one for each food they are dissecting). The cardstock should be folded so that when completed, the seed will appear on the outside of the card and the picture of the whole food from which it came will appear on the inside.

2. Distribute a sample of fruits and vegetables to each student. Have students draw a picture of the food on the inside of the card.

3. Cut up each fruit or vegetable for students to expose the seeds within. Have students use their fingers to extract the seeds from within each food and lay them on a piece of paper towel to dry. Make sure the name of each food seed is labelled on the paper towel.

3. Once the seeds are dry, glue or tape them onto the outside of the cardstock.

4. Have students hold their cards so that only their seed is visible on the outside. Have students rotate through the class and ask their classmates to guess which food their seeds come from. They can give clues like “It’s round and red”. Review student knowledge by holding up cards and asking students if they remember the food from which the seeds came. All of the completed cards can be mounted on a large class seed display board.

EXTENSION

What are the seeds inside these foods for? They are the ‘babies’ made by the plant so that it can grow a new plant. Farmers and gardeners save and plant seeds just like the ones you collected in order to grow more plants. Try planting some of the classes collected seeds. Which grew and which didn’t? Investigate why for further exploration.