

Focus Subject: Health & Nutrition

Overview

Some of our foods like apples, oranges, strawberries & tomato come from plants that are grown from seeds. The fruits and vegetables we eat contain seeds that will make a new plant. Some food has seeds inside of it and some have seeds outside.

We will learn:

- Some of our foods come from plants.
- Fruits and vegetables have seeds you can see.
- These seeds can grow in the dirt to make new plants.
- The new plants grow more fruits and vegetables for us to eat.

Materials

Basic classroom supplies plus the following:

- Fresh Tomatoes, Oranges & Strawberries from the market.
- Several vegetables seed packets with pictures on the packaging. (optional)

Easily order select materials for this activity at www.naturekidscurriculum.com/activities

Enter **Activity Code A09102** in the search box.

Instructions

Seed Comparison

Purpose: (a) Compare similarities and differences between seeds, (b) learn the fruits and vegetables we get from the store are grown and come from plants and trees.

1. **Slice** (peel orange) & plate tomatoes, oranges, and strawberries; enough each child can have a plate.
2. **Show** the children where the seeds are in the cut food.
3. **Compare** the seeds; try to get the children talking about the seeds within the group and with you:
 - a. Are all of the seed the same size?
 - b. Are all of them the same color?
 - c. Do any of the seed like a like [similar]?
 - d. Are all of the seeds on the inside?
 - e. Have any of the children noticed these seeds at home?
4. **Explain** to the children these fruits and vegetables grow on plants and the oranges grow on trees. After the fruit or vegetables are ready they fall to the ground. After a while the seeds begin to grow in the dirt and turn into new plants. Soon there are more fruits and vegetables, with more seeds, for us to eat; and again for some to fall and re-grow.
5. **Show** the seed packages to the children. **Explain** how we can buy seeds at a store, plant them, and pick food from the plants to eat. **Pass** around the packages and point out the pictures on the package.
6. As the children pass around the seed packages **ask**; what other foods can we get from seeds? *Hint: Remind them to look at the pictures on the seed package.*

7. **Explain** to the children how the fruits and vegetables they see in the store are grown from seeds, picked, and sent to stores for us to buy and eat.
8. Snack time! Let the children enjoy their tomatoes, oranges, & strawberries.